MGW

MOM... GUESS WHAT! NEWSPAPER

January 15, 2001 ▼ Volume 23 ▼ Issue 400

Sacramento's Premier Gay & Lesbian Newspaper Since 1978

FREE

Original Photography by Art Farmer

Curtain Opens on S.F. Opera Season

See pages 14 & 15

MGW
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MGW readers are interested in what you have to say! For verification, letters to the Editor must include a signature, printed name, address and phone number. Names can be withheld if requested. MGW reserves the right to edit for brevity, content and slander. See staff box at left for mailing and contact information.

Boycott GOP Businesses

Dear Editor,

I truly believe it is in the best interests of all who want a free, open society to avoid doing any business with Republican companies or people who support the Republican Party. It is certain that the poor, elderly, non-white, and all LGBT people will suffer dearly under this administration.

Since the almighty dollar is all they believe in, hurt them by not patronizing any of their businesses, causes, or organizations. Since money is their "God," maybe we can wake them up.

A camel will get through the eye of a needle before a rich, hypocrite makes it to heaven.

Thank you,
Roger L. Leonard
Sacramento

Film Festival Another Success!!

Dear Editor,

Thank you once again for your overwhelming support of the Sacramento International Gay and Lesbian Film Festival (SIGLFF) and Fairy Flicks. We appreciate all of your contributions to the 2000 Film Festival.

Fairy Flicks 2000 was by far the most successful and well-attended in our nine-year history and we could not have done it without you. We at SIGLFF were very pleased with the October 1, 2000 covers featuring this year's films. We were equally pleased with the December 15, 2000 comprehensive photo spread of our Opening Night Reception.

We are grateful for the fantastic publicity and for your continuing support. The entire Community is enhanced when organizations like MGW and SIGLFF are able to come together in this way. A million thanks, and we hope to work with you next year for our Tenth Anniversary Extravaganza!

Thanks Again,
The SIGLFF Board

Dancers Say Thanks!

Dear Editor,

The membership and board of directors of Capital City Squares would like to thank you for your generous donation of advertising space in the September 1, 2000 issue of *Mom Guess What*. Your donation helped to promote our club's purpose of teaching modern western square dancing and our club's history as one of the oldest GLBT organizations in the Sacramento community.

Your continued generous support of the community is greatly appreciated. Once again, on behalf of Capital City Squares, thank you for your donation to support our club in your newspaper.

Sincerely,
Cindy Sullivan
CCS Admin

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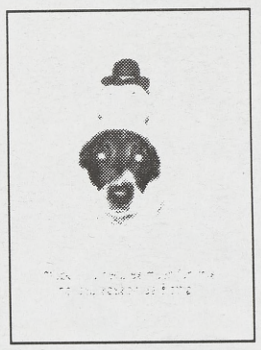

Greetings From The Poop Scoop Lady

Hope you have as much fun this holiday season as Dottie.... When she finally dislodged the stupid snowman hat and shredded it all over the floor!
Happy Howlidays!
From your poop-scooper, Rhonda

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Midge Marino	927-5651

A REMINDER If you have an issue with the Sacramento Police Department, there is a group of SPD officers and civilians that volunteer to help facilitate better communications between the GLBT community and the SPD. Please call them with your concerns.

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UNDER THE DOMES

HHS Nomination Concerns Leaders

WASHINGTON D.C. – George W. Bush nominated Tommy G. Thompson (R-Madison), 59, who has served as Governor of Wisconsin for the past fourteen years, as his Secretary of Health and Human Services.

Thompson is anti-abortion and signed what may be the most restrictive abortion deterrent bill in the nation into law. Women seeking abortions must first undergo counseling on alternatives then wait three days before being allowed to have the procedure. However, he supports family planning programs and women's health initiatives.

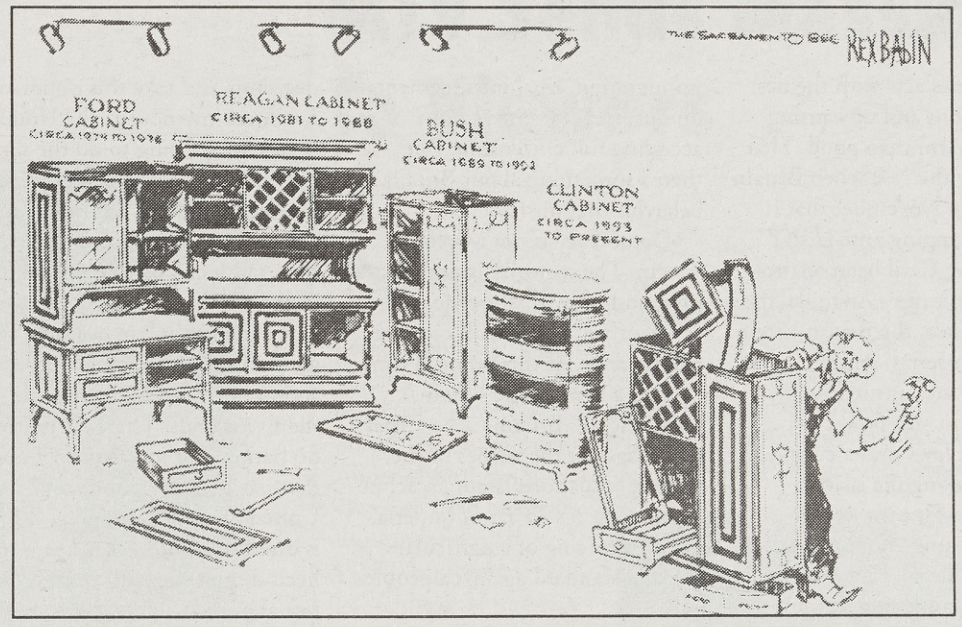
He has been a strong supporter of converting Medicaid from a public program to a system of block grants for states. He believes that by limiting welfare and Medicare, recipients will be encouraged to seek stable employment. Through his work, Wisconsin became the first state to offer healthcare to working parents of children who qualify for Medicaid or the Children's Health Insurance Program (CHIP).

He also recently began restructuring the state's long-term care for the disabled and elderly. Thompson would like to allow disabled people to have jobs without loosing their state provided benefits. He supports the Ryan White Care Act and Medicaid for HIV-positive people before they developed AIDS symptoms. Since he took office, the number of families receiving public assistance has decreased from 98,000 to slightly less than 7,000.

At the beginning of his first term, Thompson created and enacted a new welfare reform program called "LearnFare." It focused on withholding parents' funds if their children missed school. It also penalized women who had children while receiving state aid. During President Clinton's first term, Thompson obtained federal permission to impose time limits on welfare recipients.

During the Republican Convention, Thompson pushed for removing some, but not all, of the platform's anti-LGBT language. He still condemned same-sex marriages but all other discriminatory clauses were removed from his draft. GOP leaders later replaced all of the text he removed. ▼

Bush Completes His Cabinet


THE SACRAMENTO BEE REX BABIN
FORD CABINET CIRCA 1974 TO 1976
REAGAN CABINET CIRCA 1981 TO 1988
BUSH CABINET CIRCA 1989 TO 1992
CLINTON CABINET CIRCA 1993 TO PRESENT

This cartoon is reprinted from the Sacramento Bee. Since George W. Bush does not have a brain of his own, he is stealing pieces from everyone else's ideas. Let's just hope he finally has command of the English language!

The San Francisco LGBT Pride Board is seeking nominations for their 2001 Grand Marshall. They hope to receive recommendations for local heroes that will represent the LGBT community.

Nominations Sought For Pride Grand Marshals

SAN FRANCISCO, CA - **Lesbian, Gay, Bisexual, And Transgender Pride 2001** is looking for nominations for people to serve as grand Marshall at their next Pride Parade. The event is scheduled for June 23-24. It is the largest public event in the state. The theme for the 31st annual celebration is "Queerific."

President Cecilia Chung said, "This is the time for us to acknowledge the heroes and heroines from our community. It is our way to thank these people for their vital support and contribution to the LGBTQ community."

Nominations are due January 31 and must include a brief biography of the nominee and contact information. Suggestions can be submitted by e-mail, fax, or mail. The Board and General Members will review the nominations and refine the list to ensure diversity. The public will then vote in three categories, individual, organization, and celebrity. Depending upon the number of votes cast there may be more than one Grand Marshal per category. Info. info@sfpride.org, 415-864 0831 ▼

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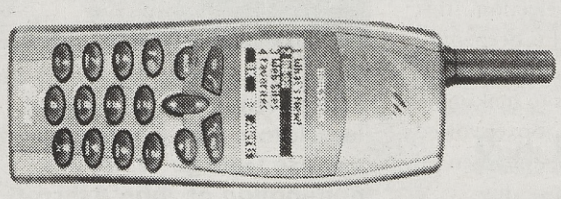

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UNDER THE DOMES

When The Best Intentions Go Awry

Susan Raffo
MGW Guest Writer

Sometimes acts with the best intentions end up causing more harm than good. That was certainly the case when Britain announced in November that it would be scrapping anti-LGBT laws in its five Caribbean territories. The territories - Anguilla, the Cayman Islands, the British Virgin Islands, Montserrat, and the Turks and Caicos - are, unsurprisingly, fuming against this power play.

The exact laws under consideration vary among the island nations but most carry some provision making "homosexual intercourse" illegal. Like sodomy laws in the United States, these laws are rarely enforced. However, Britain states that by maintaining such laws it is violating a number of international human rights agreements.

Now, I'm at the front of the line when it comes to slashing laws that criminalize the bodies of GLBT people. Whether we're talking sodomy, adoption, marriage or immigration, legal infringements on our lives prevent us from accessing full citizenship. But there's something about Britain,s behavior that hurts.

Democracy is not a pretty system. The majority is not always right and individual freedoms are constantly at battle with communal interests. At this point in time, I prefer a democratic system, warts and all. Britain's act of legal repeal against the wishes of the island populations is not an act of democracy. It's an act of imperialism, the forcing of a particular cultural standard against a people's will.

I am overjoyed every time another nation rescinds its anti-queer legislation or recognizes domestic partnership for the purposes of immigration and general legal rights. Britain was one of the more recent nations to radically change its internal law, opening the door for GLBT marriage. I applaud their decisions and take this opportunity to thumb my nose at the United States for refusing to do the same. But even as I am thrilled by every change that allows GLBT people greater freedom around the world, I am saddened by Britain's actions in the Caribbean.

I can not find an example that would help illustrate what this action must feel like to people on the five islands. There currently is no national or international body that has policing power over the United States. If anything, the US is often the nation that keeps its heels dug in the path of international human rights law, even when the majority of nations on the planet disagree. At the international level, we don't have to worry about fighting imperialism. America is usually the nation spreading it around.

Imperialism takes place when a national body forces legal policies or cultural practices on another nation without the agreement of the people of that nation. It's a kind of bully-politics. Imperialism rarely result in lasting cultural change. Instead, it usually subordinates local populations. After all, imperialism takes decisions out of the hands of the people and puts it into the hands of a bunch of strangers.

I truly wish that all five Caribbean nations would vote to remove their anti-GLBT laws. That would be the right thing to do. Shame on them for not taking the righteous path. I would also applaud a homegrown Caribbean queer revolutionary movement that took to the streets, demanding an end to laws against their lives. But I do not applaud Britain's actions, however much the end might work in our favors.

The ends never justify the means if you want lasting change. If the populations of these islands are still voting to keep such regressive laws, then we need to find ways to empower local people who want to change them. They are the ones who need to make this decision, not the government of an island thousands of miles away. Britain's decision does not necessarily make the lives of the islands' queer people easier, by the way. If anything, it might make it worse as locals angrily lash against the closest available target.

So, when we get off our cruise ships in these island ports, rather than using these nations as our sun-drenched playgrounds, let's put some of our vacation money into local queer pockets, and not just those that bring us drinks or massage our northern skins. Take the idea that tourism fuels local economies and put your dollars into the bank accounts of local people working to make social changes in their neighborhoods. ▼

Susan Raffo is a writer and activist living in Minneapolis.

Push Begins To Remove Ashcroft

By Nicole Macshafi
MGW Staff

WASHINGTON D.C. – Across the nation, advocacy organizations including the National Gay And Lesbian Task Force (NGLTF), Equal Partners In Faith, People For the American Way, and the Triangle Foundation, have joined forces with legislators to push for the defeat of John Ashcroft, George W. Bush's choice for Attorney General.

NGLTF Executive Director Elizabeth Toledo believes his stand on the civil rights of minority groups, equal rights and access for women, and the separation of church and state make him a poor choice for any high-level government position.

"Missouri voters know John Ashcroft was the wrong choice for the U.S. Senate and we know he's the wrong choice to serve as the nation's highest law enforcement official," Toledo said.

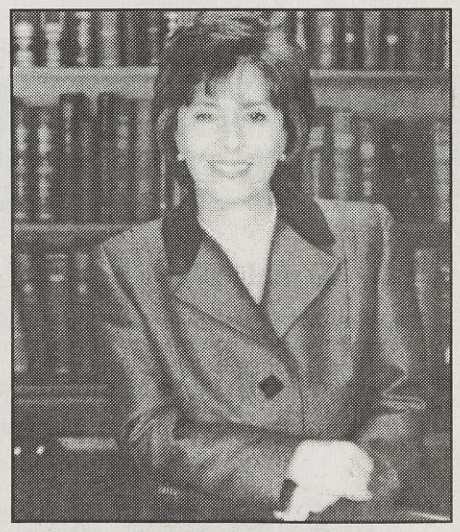
Toledo sites Ashcroft's record, which includes voting against the Hate Crimes Prevention Act in 1999 and 2000. He also voted against a measure that would prohibit employment discrimination based on sexual orientation. He voted to stop federal funding of LGBT community centers and has proclaimed homosexuality to be "abnormal."

Ashcroft opposes any form of Affirmative Action. He voted to weaken the Community Reinvestment Act, a federal law that discourages banks from "redlining" in minority neighborhoods. He accepted an honorary degree from Bob Jones University, which just lifted its ban in interracial dating and still prohibits GLBT students. He praised Southern Partisan Magazine, which currently supports slavery. He supported "charitable choice" legislation, which would allow public tax dollars to be given to sectarian institutions. He also supports school vouchers.

He supported an amend ment to the U.S. Constitution that would have banned abortion, even in cases of rape and incest. He also supported legislation that would have banned popular forms of contraception, including birth control pills and intrauterine devices (IUD). As Missouri Attorney General, he opposed the Equal Rights Amendment (ERA) then sued the National Organization for Women (NOW) when they planned a state boycott in protest.

Equal Partners In Faith leaders believe Ashcroft's nomination is Bush's attempt to appease the Religious Right's desire for a conservative Cabinet member. They consider his anti-LGBT, anti-choice, and anti-affirmative action history as proof that he will not be a fair Attorney General.

Senator Barbara Boxer (D-San Francisco) joined those who oppose Ashcroft's nomination. She wrote a letter to Bush urging him to withdraw his nomination. "Rather than heal after a very divisive presidential election, [this nomination] is deepening the wounds," she said. If Bush refuses to make a new nomination, Boxer vowed to vote against it when the Senate approves his Cabinet. Info. www.OpposeAshcroft.org, 213-894-4995 ▼



Senator Barbara Boxer (D-San Francisco) is one of several legislators that are prepared to oppose George W. Bush's nomination of John Ashcroft for Attorney General. Many advocacy groups, including Human Rights Campaign Fund and the Triangle Foundation, support Boxer.

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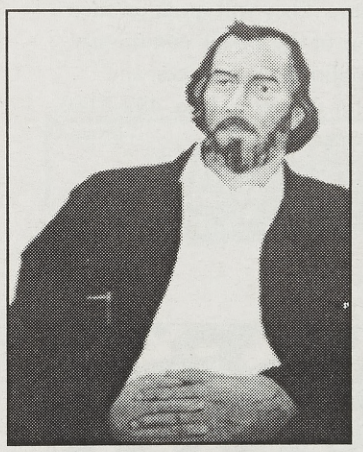
Artist's Legacy Continues After Death

MGW Staff

SACRAMENTO, CA – The Lambda Center will show approximately 100 pieces by artist **Robert Winter** through January 31. Works displayed will include oil, pencil, and chalk drawings focusing on his life and experience as an HIV-positive gay man.

After a long battle, Winter died of AIDS at Avalon House in 1997. He was survived by **Steve Seward**, a close friend, who took charge of his collection and still holds Winter's dream of creating a foundation to provide scholarships for young art students.



Robert Winter's book "The Vanishing Generation" and his art, including several self-portraits and panel piece "Metamorphosis," will be on display at The Lambda Center through January 31. Winter died in 1997 but Steve Seward, a close friend, has taken over managing his collection.

Seward is also promoting a book Winter finished shortly before his death titled "The Vanishing Generation." It is composed of three documentaries detailing the first appearance of AIDS in San Francisco bathhouses, the fight of HIV-positive men for public assistance, and the use of medical marijuana and therapeutic drugs by HIV-positive people. He also included eight short fiction stories based on people he knew.

Seward believes the book is unique due, in part, to typographical errors Winter missed during his final proofreading. Seward left these mistakes in the first run in order to express the level of AIDS-related dementia Winter experienced while attempting to complete the project. The book was written in less than three months with the help of Hand To Hand volunteers. Info. 371-5101 ▼

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MTV Sends Message To Viewers

MGW Staff

NEW YORK CITY, NY - MTV took a seventeen hour break from its regular programming on Wednesday, January 10 to premiere "Anatomy of a Hate Crime," a documentary on the life and murder of Wyoming student **Matthew Shepard**. In October 1998 Shepard was lured from an LGBT bar, beaten, and left to die after tied to a fence by his attackers. Following the movie, musicians read names of several hundred hate crime victims. The segment repeated six times during the time slot.

"Anatomy of a Hate Crime" was produced by Lawrence Bender ("Good Will Hunting" and "Pulp Fiction") and Kevin Brown ("Roswell"). It is one of several movies based on Shepard's life and death. **Judy Shepard**, the victim's mother, endorsed NBC's "The Matthew Shepard Story," which is being produced by actress **Goldie Hawn**. Its release date has not been announced. HBO is also planning an off-Broadway play titled "The Laramie Project," after the town where Shepard was killed.

Brian Graden, MTV's programming president, hoped the station's action will educate their viewers on violence minority groups regularly suffer. Although the blackout cost the station $2 million in advertising and an unknown amount of lost viewers, it was the beginning of a yearlong awareness raising program called "Fight For Your Rights: Take A Stand Against Discrimination."

MTV polls showed that discrimination and hate crimes ranked as a top concern among their viewers so movies on related topics will show during the year. "When Popular Culture Attacks" examines the relationship between audiences and pop culture. "Criminal" is a new weekly series that follows young adult victims and perpetrators of hate crimes. "Anonymous Hate" studies hate groups on the internet.

Cy Carter in MTV's "Anatomy Of A Hate Crime." The movie portrays the life and death of gay Wyoming student Matthew Shepard. The movie kicked off a yearlong campaign against hate crimes and tolerance.

The campaign was prompted, in part, by the station's support of rapper **Eminem**. The rapper's latest album "The Marshall Mathers LP" has sold more than five million copies and contains several anti-LGBT and violent references. LGBT advocacy groups across the nation have criticized MTV, the rapper's recording label, and fans for supporting. Eminem's representatives have refused to comment on protesters. In response to complaints Graden claims Eminem was given less air time, only censored versions of videos are now played, and MTV will no longer actively promote Eminem, but there are no plans to pull his videos completely. Info. www.mtv.com ▼

NOBODY WILL MISS YOUR MESSAGE HERE •••

UNDER THE DOMES

Yolo Supervisors Endorse LGBT Pride Month

WOODLAND, CA – The Sacramento Bee reported that Yolo County supervisors approved by a 3-1 vote with one absentee to make June LGBT Pride Month. The county already recognizes celebrations for African American History Month, Asian-Pacific Heritage Month, and Disability Awareness Day.

Even though the action was part of a diversity initiative, some residents condemned the board for their support of LGBT people. Karen Holgate, policy director of Capitol Resource Institute, said, "What is the reason other than to wave it in the face of those opposed to it?"

Alison Subasic, coordinator of the LGBT Center at University of California, Davis, feels that the board's decision was a positive step. "I think it's very important to break down the stereotypes and homophobia that exists, particularly in smaller communities."

For the past five years, Davis has hosted an LGBT picnic. West Sacramento supported their first LGBT Pride Day in June 2000. City councils in Woodland and Winters have so far refused to support LGBT pride events. Info. 530-666-8195 ▼

Survey Shows Residents Are Pleased

SACRAMENTO, C A - The following statistics are taken from a recent poll conducted by the Field Institute. They surveyed 495 California adults by telephone between September 29 and October 8. The margin of area is plus or minus 4.5%.

Californians who believe they live in one of the best places on Earth	50%
Residents who believe California is a poor place to live	5%
Residents who would rather live somewhere else	26%
Residents who believe their quality of life is improving	26%
Residents who describe their quality of life as "superior"	45%
Residents who believe their quality of life is declining	33%

Meet And Greet With State Lawmakers

SACRAMENTO, CA – California Alliance For Pride And Equality (CAPE) are hosting a meet and greet with **Senator Sheila Kuehl**, **Assemblymember Carole Migden**, and newly elected **Assemblymembers Jackie Goldberg** and **Christine Kehoe**. The community forum will be held on Monday, January 22 at the State Capitol in room 126. The meeting begins at 6pm. CAPE members believe this may be the only opportunity the public will have to meet all four legislatures at one time. They will speak on their support of the LGBT community, their political experiences, and goals for this term. Info. 492-6160, www.calcape.org ▼

Schlessinger Moved To Graveyard Slot

SACRAMENTO, CA – Talk show host Laura Schlessinger was recently moved to a graveyard time slot on KXTV Channel 10. Her original 3pm slot will go to Jeopardy and Inside Edition after she is moved to a post-2am position. Channel 10 officials said the program was too boring and had no advertisers as a result of nationwide LGBT protests and boycotts. Info. 321-3323 ▼

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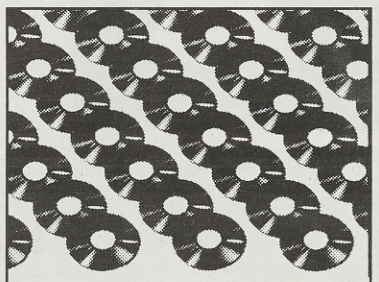

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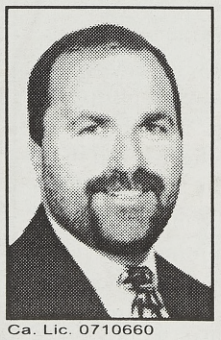

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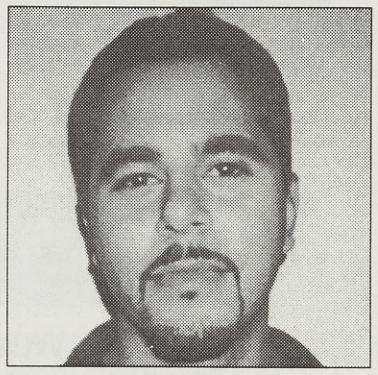
SPEAK OUT

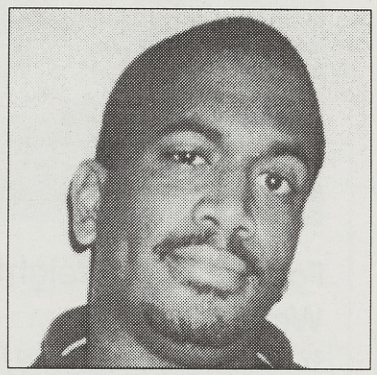
Did You Follow Through With Last Year's Resolutions?

Complied By Ed Kelley
MGW Staff



Garvin Tieseler
Sacramento, California

No, I did not. I failed. This year I resolve to try to become a successful musician.



Ernest Williams
Sacramento, California
Retail

I didn't make one last year. I just enjoyed hearing all the hysteria about the Y2K bug!

Hannabul Cruise
Sacramento, California
Midtown Night Owl

Last year's resolution was to get my life in order, find a nice apartment in the downtown area, and meet new friends. I made all of them!!

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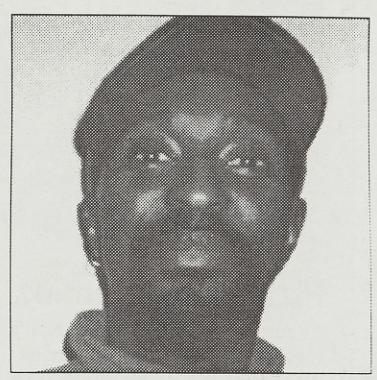
Pretty much. I succeeded in keeping my good health, prosperity, and happiness.



Calvin Shanks
Sacramento, California
Social Activities

No. When people make resolutions they are often hard to keep.

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FOOD & WINE

Hot Cookbooks Spice Up Your Appetite

Pizza For Dummies

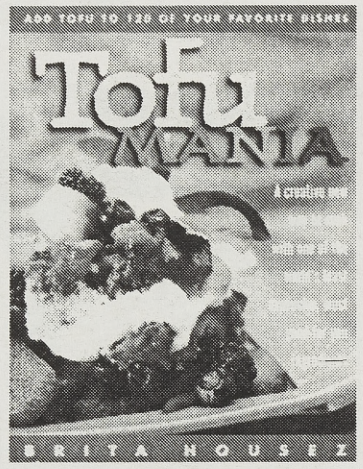
By James McNair. James McNair's New Pizza: Foolproof Techniques And Fabulous Recipes. 2000. ISBN 0-8118-2364-4. 144 pages.

James McNair adds another book to his series of favorite recipes. This title offers over sixty recipes that everyone can make. From Chicago-style Deep Dish pizza to exotic Tandoori Chicken Pizza, there will be a party pleasing recipe for anyone. Info. 800-858-7787 ▼

Everything Is More Fun On A Stick!

By Mary Corpening Barber And Sara Corpening Whiteford. Skewer It! 50 Recipes for Stylish Entertaining. Chronicle Books, San Francisco, CA, 2000. ISBN 0-8118-2815-8. 120 pages.

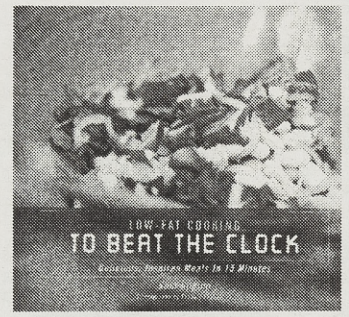
From elegant party platters to no-kitchen-needed kabobs, this book offers something for the entertainer on your gift list. It features a wide range of appetizers, entrees, snacks, and even salads all served on a stick. Info. 800-858-7787 ▼



Eat More Tofu And Not Know It

By Britta Housez. Tofu Mania: Add Tofu To 120 Of Your Favorite Dishes. Marlowe And Company, New York City, NY, 2000. ISBN 1-56924-601-7. 193 pages.

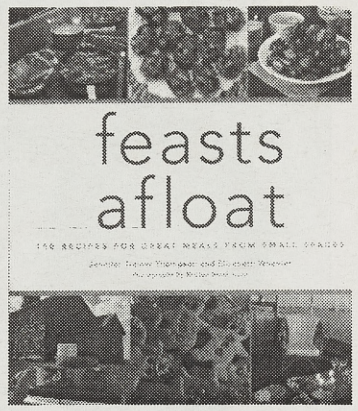
This is a perfect gift for soy-addicted friends. **Britta Housez** wants you to add tofu to everything from grilled cheese sandwiches to cream of mushroom soup. This is not a vegan cookbook. The recipes include seafood, beef, chicken, and cheese so it will become a welcome addition to your omnivore friends' diets. ▼



For The Busy Weight Watcher

By Sam Gugino. Low-fat Cooking To Beat The Clock: Delicious, Inspired Meals In 15 Minutes. 2001. ISBN 0-8118-1860-8. 156 pages.

This title proves that low-fat cooking can be tasty and timely in the dozens of recipies offered in this book. This is a perfect gift for those who like to watch their figures, but do not want to spend a lot of time in the kitchen. Info. 800-858-7787 ▼



Cooking At Sea Was Never So Easy

By Jennifer Trainer Thompson and Elizabeth Wheeler. Feasts Afloat: 150 Recipes For Great Meals From Small Spaces. Ten Speed Press, 2000. ISBN 1-58008-179-7. 160 pages.

After logging 25,000 miles at sea, the authors know what they are talking about. They will lead you through purchasing and storing groceries to rationing and meal planning to a ship stopping presentation of your meal at sea. If anyone on your gift list has a boat, this book is a perfect match. She/he may start cooking at sea just because it is so much fun. Info. www.TenSpeedPress.com ▼

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FOOD & WINE

Eating Well For A Long, Healthy Life

By Randy Hartley
MGW Staff

Now that the holidays are over, we are all rushing back to the health club and watching the way we eat.

Much of the process of looking fit is what we eat and how we exercise our body. You can't do one without the other if you really want to feel and look good.

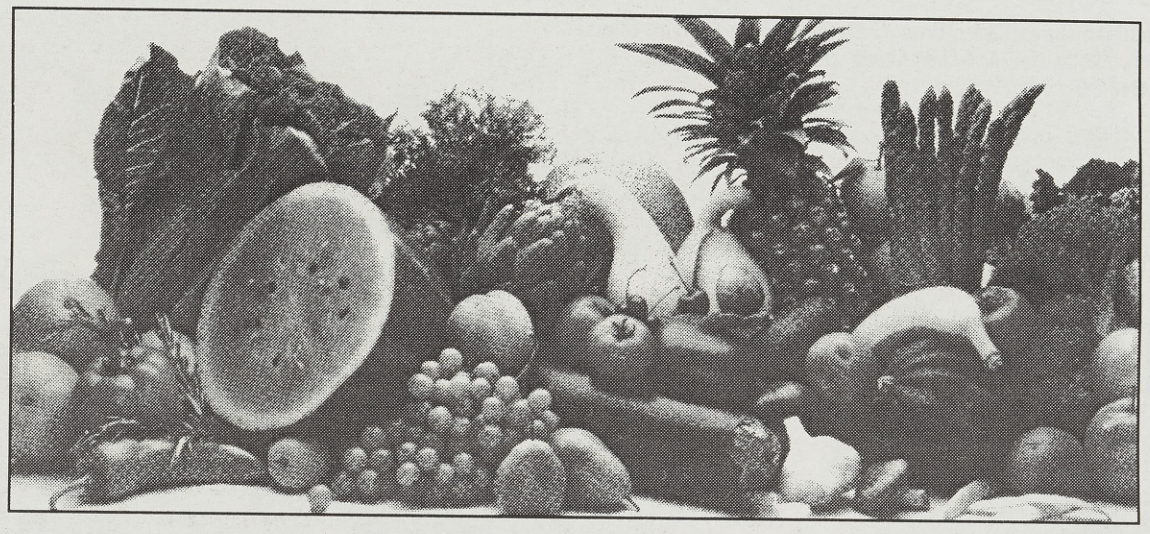
In recent years, research has shown that food has a profound effect on our health. High blood cholesterol is a risk factor in the development of heart disease, while low dietary fiber was linked to colon cancer. However, you will find more good news than bad, because studies show that eating the right foods can help prevent disease.

Recent studies showed that people with heart disease could reduce clogging of the arteries by eating less saturated fat, more fruits, vegetables, and whole grains, and by exercising daily. Vitamin E appears to reduce the risk of cataracts and some cancers, vitamin C was linked to lower rates of lung and colon cancer, and folic acid helps maintain a healthy cardiovascular system. If you want more information on vitamins and herbs visit **Nancy Yilk**, Sacramento's natural health expert at Optimum Health (3220 Riverside Blvd.). Nancy will be happy to administer a free Mayo Clinic test that will give you all the information you need about your eating habits and how they affect your health.

Of course, diet is only one factor. Getting enough exercise and the right amount of sleep are very important. By the way, **Sutter Sleep Clinic** recommends sleeping eight hours and fifteen minutes per day. Regular medical checkups are also important. However, by eating the right foods you can increase your chance of living a long, healthy life.

The experts who share their wisdom about what's good and bad for you have changed over the years. Here's what they now say:

COFFEE OR TEA? We used to think that coffee raised blood pressure and may cause cardiovascular disease. Tea is harmless. Doctors now say that coffee turns out to be pretty harmless too. It doesn't provide any benefits, though. But black, green and oolong (not herbal) teas are high in flavonoids, which may protect the heart.



SALT? We used to think that it would send your blood pressure sky high. Always choose low-sodium foods, and do not touch the shaker. Doctors now say that it isn't necessarily so, unless you're already prone to high blood pressure.

ONIONS AND GARLIC? We used to think they had no nutritional value and just gave us bad breath. Doctors now say that onions contain flavonoids and garlic has polyphenols, so both could protect your heart. Get your date to eat some too!

CEREALS AND GRAINS? They were once labeled as filling but not heart healthy. Doctors now say they can replace higher fat foods and when fortified by B vitamins, they help scour potentially harmful homocysteine from the blood. Eat plenty, especially whole grains - the extra fiber could help stave off colon cancer.

RED WINE? We used to think alcohol was bad for you with no exceptions. Doctors now say a substance called resveratrol, found in grape skins, may reduce levels of bad cholesterol. Alcohol in excess is still bad for you, but a glass of wine with dinner is fine.

SNACKS? We used to think it's all junk food. Eat fruit or go without. Doctors now say that all junk food is not created equal Pretzels are O.K., but avoid sugar filled fat-free cookies. Fruit is still the best for you.

THE GREENER THE BETTER? Since iceberg lettuce and romaine are both green, leafy vegetables, we once thought both are good for you. Doctors now say iceberg is barely green. It isn't bad, but it's hardly more nutritious than water. Romaine and other dark green leafy vegetables, however, contain flavonoids. Try to get a little color in your salad bowl. The general rule is that dark green vegetables are good for your heart, pale vegetables are neutral. Orange and red can be good too, in some cases. Some of the best are romaine, spinach, broccoli and carrots.

PEANUT BUTTER? Nutritionists believed since it contained lots of protein, it was good for you. Doctors now say that the processed kind sold in supermarkets is full of trans-fatty acids. They are bad for the heart. Eat natural peanut butter, the kind where oil rises to the top. Nuts are a good news/bad news food. The bad news is that they are full of oils that are not too great for the heart. The good news is that they contain vitamin E. Stick with natural peanut butter, cashews and almonds if you eat nuts.

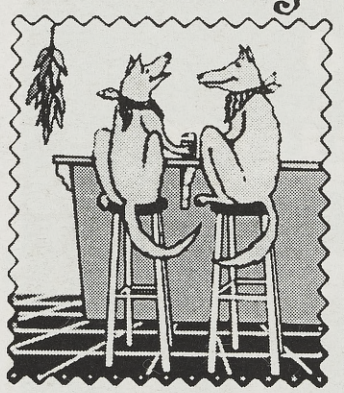
SALMON OR SHRIMP? Shrimp is relatively high in cholesterol, so salmon is healthier. Doctors now say that cholesterol is a red herring. Salmon is high in omega-3 fatty acids, which may actually protect against heart disease. Shrimp is O.K. for most people, but salmon is among the best non-vegetarian foods on the market. Plenty of other fish also contain omega-3 fatty acids, but salmon and mackerel are the best.

MEAT VS. POULTRY? We used to think that red meat is higher in cholesterol than chicken, so stick with the birds. Doctors now say that saturated fat is the real problem. Chicken is still better, especially if you avoid fatty skin and dark meat. Order the chicken but *not* fried. In general, the leaner the meat, the better - and wild game tends to be the leanest. Try buffalo, venison, lean pork chops and chicken.

OLIVE OIL? We used to think since it is a form of fat, and therefore fattening, and avoid it. Doctors now say your body needs some fat. Since it is mostly monounsaturated, olive oil is easy on cholesterol levels. In fact, it drives down the levels of bad cholesterol and triglycerides, both of which harden vital arteries. Don't guzzle the stuff, but it's fine for cooking and drizzling on salads. Olive and canola oils are the best to use. Palm oil is the worst.

Remember that no one takes better care of you than yourself!

Have You Had Your Dos Today?



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Attack Of The Power Rangers

By Stefan Gruenwedel
MGW/Staff

Crouching Tiger, Hidden Dragon. Starring Chow Yun-Fat, Michelle Yeoh, Zhang Ziyi, and Chen Chang. Directed by Ang Lee. (Rated PG-13, 120 min.)

Crouching Tiger, Hidden Dragon is a thoughtfully presented, beautifully filmed action adventure that contains all the excitement you'd expect from an entertaining film without resorting to cheap laughs, vulgarities, or gore.

Perhaps that's not surprising, considering that the film is directed by **Ang Lee**, who garnered fame with his excellently crafted previous works, which include *The Wedding Banquet*, *Eat Drink Man Woman*, *Sense and Sensibility*, and *The Ice Storm*. You will not be disappointed this time round. He tells a story within a genre noted for its mindlessness and comes up with something totally stylish.

The basic plot unfolds amid much dialog in Chinese that is aptly subtitled. **Chow Yun-Fat** is a retired and somewhat stoic warrior who bequeaths his favorite, powerful sword to an elder nobleman, Governor Yu (**Fazeng Li**). Unfortunately, it is stolen shortly thereafter. Yu brings in another experienced warrior, played wonderfully by **Michelle Yeoh**, to join her friend Yun-Fat in a quest for the sword and the thief who stole it - reportedly an infamous, mysterious individual named **Jade Fox**.

Meanwhile, Yu's well-bred, polite daughter, Jen, played expertly by 15-year-old **Zhang Ziyi**, contends with an impending prearranged marriage to a man we never see. Needless to say, she would rather avoid the situation.

Both stories intertwine unexpectedly when the two warriors discover that this mild-mannered girl is actually quite skilled in martial arts. She later plays an important role in identifying and combating Fox for possession of the valued sword.

Crouching Tiger, Hidden Dragon's visual gimmick consists of many unbelievable stunts (climbing walls, leaping across rooftops, running through treetops) made possible by fancy "wire work" that is digitally erased. "The Matrix" used this technique, as well. Knowing that wires are somehow involved doesn't detract from their visual power. Indeed, after several prolonged aerial fights ended, the audience I saw this film with broke into spontaneous applause.

Zhang Ziyi as 15-year-old Jen in Crouching Tiger, Hidden Dragon. Ziyi is one of several female martial arts masters in the film.

These stunts may prove tiresome as they become more common - a few of them began to look repetitive - but for now they're interesting in their own right. Thankfully, they are not the only compelling parts of the film.

Part of the film's score, by **Tan Dun**, includes performances by famed cellist **Yo-Yo Ma**, which gives the picture an added sense of dignity.

Crouching Tiger, Hidden Dragon is beautifully filmed. Whether in forest or desert, there are moments when this film transcends its genre. For instance, Yu's desert encounter with gorgeous nomad Lo (**Chen Chang**) is terribly romantic and sexy, yet not without some interesting character development. She is an equal match for him in cunning, brute strength, and stamina.

Indeed, all three leading female characters are quite equal to men. Considering how different women's roles are from men's in Chinese culture, especially in ancient China, it's interesting to see how well these women are regarded in the film. Perhaps this is just a nod towards our modern sensibilities. Still, why do Western action flicks treat women mostly as minor characters or sex objects? Like any work of great literature, this story does not end simply. Although it is not a happy end for all concerned, there is a hint of something good. If you remember a certain myth told during the film and only if you believe it is true.

Crouching Tiger, Hidden Dragon opens throughout Sacramento, Roseville, Citrus Heights, and Folsom on Friday, January 12. Info. www.CrouchingTiger.com ▼

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ENTERTAINMENT:

Adam And Lobel Announce New CD Release And Tour

SAN FRANCISCO, CA - Singer and songwriter **Margie Adam** and veteran political organizer **Kerry Lobel** announced "The Avalon Project," their new collaboration which will include a March 2001 CD release and a national concert tour.

It is Adam's eighth recording and will be the centerpiece of a project designed to celebrate and mobilize feminist awareness in music lovers across the country. The tour will cooperate with community organizations providing audiences with access to membership, volunteer, and fundraising information. In addition, a portion of each concert's proceeds will be donated to a social justice organization. Lobel will serve as executive producer for the CD and tour.

The inspiration for the partnership stems from Adam and Lobel's desire to raise the visibility of lesbian feminist culture within the larger community. Info. 215-886-4644, toplin@toplin.com ▼

Kerry Lobel and Margie Adams plan to begin a fund and awareness raising tour in March titled "The Avalon Project." Proceeds will benefit various social justice organizations and guests will be encouraged to volunteer at local non-profit agencies.

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ENTERTAINMENT: HOLLYWOOD

The Art Of Latin Love

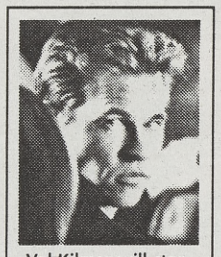
By Gerald Semas
MGW/Staff

FILM -

There is a new wave of film projects exploring the lives of various notable Latino artists. The life of poet, **Pinero**, previously covered in the 1974 Tony Award-winning play *Short Eyes* is coming to the big screen. **Benjamin Bratt** (*The Next Best Thing*) will play the artist of verse whose work is recognized as a precursor to rap and hip-hop. The cast will feature **Giancarlo Esposito** (*Homicide: Life on the Streets*), **Talisa Soto** (*Mortal Kombat*), and **Mandy Patinkin** (*Chicago Hope*). ▼▼▼ **Salma Hayek** (*The Velocity of Gary*) has the title role in the motion picture *Frida Kahlo*, directed by the creative force behind Broadway's *The Lion King*, **Julie Traymor**. Based on the biography by **Hayden Herrera**, the story follows the famed Mexican artist through her short life, including liaisons with male and female lovers. The players include **Ashley Judd** as Italian photographer **Tina Modotti**, **Edward Norton** (*Primal Fear*) as **Nelson Rockefeller**, **Antonio Banderas** (*Philadelphia*) and **Alfred Molina** (*Prick Up Your Ears*) as **Diego Rivera**. Another, motion picture, about Kahlo, directed and scripted by **Luis Valdez** (*La Bamba*) is also planned. Titled *The Two Fridas*, to star **Jennifer Lopez** (*The Cell*) as the monobrow painter. The title is a reference to the duality of her short career, exploring her real life and the fantasy world of the Frida portrayed in her artwork. ▼▼▼

Jennifer Lopez is set to star in The Two Fridas, a movie on the life of artist Frida Kahlo.

Tired of those passe' midnight sing-a-long *Rocky Horror Picture Show* screenings? Why not trade that Time Warp to Transylvania for a Waltz in the Austrian Alps. The latest fad to cross the Atlantic is the British sensation, the sing-a-long *Sound of Music*. New York audiences, decked in pig-tales, nun habits and goat herders waving Edelweiss, have flocked to this unique chance to participate in one of **Rogers And Hammerstein** most popular musicals. Northern California residents can join in the fun when *Sing-A-Long Sound of Music* comes to San Francisco's Castro Theatre February 16 through March 1. Being San Francisco, you can pretty much count an some group of health care workers going as the Von Clapp Family singers. Audiences get a complimentary pack of goodies with their admission including a plastic nun and list of comments and gestures to make during special moments in the film.



Val Kilmer will star in The Salton Sea, a movie about revenge in the drug underground.

Regency Entertainment, the producers behind *Gods and Monsters* and *Twilight of the Golds*, is developing a film about the creation of the world famous **Chippendales** dancers called *Just Can't Get Enough*. The true story will star **John Paul Pitoc** the hunky stripper who wanted to jump **Christian Campbell's** bones in the movie *Trick*. ▼▼▼ **Vincent D'Onofrio** (*The Velocity of Gary*) joins **B.D. Wong** (*Oz*), **Peter Sarsgaard** (*Boys Don't Cry*) and **Meatloaf** (*The Rocky Horror Picture Show*) in the crime drama *The Salton Sea*. The plot follows a man, **Val Kilmer**, who goes undercover as a drug dealer to avenge the murder of his wife. ▼▼▼ D'Onofrio will play Father to **Jodie Foster** who plays his sister in the film *The Dangerous Lives of Altar Boys*. Though it could be a love story from the Ozarks it's actually the tale of a group of Catholic school chums who plan a prank that will make them neighborhood legends. Foster plays Sister Assumpta, D'Onfrio is Father Casey with co-stars **Keiran Culkin** (McCauley's brother) and **Jena Malone** (the young **Jodie Foster** in *Contact*.) Originally sched-uled for this week's Sundance Film Festival the picture was pulled just before Christmas. ▼▼▼

Director **Tommy O'Haver** (*Billy's Hollywood Screen Kiss*) offers a look at that other lifestyle in his new film *Get Over It*. **Kirsten Dunst** stars in this story of a girl who draws the attention of her best friend's brother after his girlfriend breaks up with him. The romantic comedy features **Ben Foster** (*Freaks and Geeks*), **Colin Hanks** (*Roswell*), **Swoosie Kurtz** (*More Tales of the City*) and singer **Sisqo**. ▼▼▼ Director **Rose Troche** (*Bedrooms & Hallways*) has written a screenplay based on the short stories of **A.M. Holmes** for her next film, *The Safety of Objects*. The script weaves together a number of stories involving four suburban families. One of the tales, titled 'A Real Doll,' focuses on a boy who has a sexual relationship with a Barbie Doll. Of course, no pressure there. To Barbie, he's probably hung better than G.I. Joe. The project has a noteworthy cast with **Glenn Close**, **Patricia Clarkson** (*High Art*), **Timothy Olyphant** (*The Broken Hearts Club*), **Joshua Jackson** (*Cruel Intentions*), **Dermot Mulroney** (*My Best Friend's Wedding*) and **Mary Kay Place** (*Tales of the City*). ▼▼▼ **Derek Jacobi** (*Breaking the Code*) has joined the cast of Director **Jonas McCord's** *The Body*. The dramatic thriller begins when a crucified body, dating back to year 1 A.D. is uncovered in a Jerusalem cave and disrupts modern society. Joining Jacobi are **Jason Flemyng** (*Hollow Reed*) and **Antonio Banderas** (*Philadelphia*) who gets a whopping $12 million, his highest pay check ever. ▼▼▼

THEATRE -

San Francisco's Exit Theatre will play host to **Tom Vegh's** *CAFÉ DEPRESSO: Where Prozac, Caffeine and Black Leather Converge*, opening January 26 through March 3. Described as a dark comedy, the work focuses on four San Franciscans in group therapy for depression. Consider-ing the city, I'm surprised they could find only four. Among those seeking help are an aggressive real-estate broker, a lesbian with AIDS, an engineer from Hungary and a gay travel agent. Sounds like the passenger list from the 22 Fillmore bus. ▼▼▼ **Bryan Batt**, who originated the role of Darius in both stage and film versions of **Paul Rudnick's** *Jeffrey*, is in the new Broadway hit *Seussical the Musical*. Though he's only standby for The Cat In The Hat. The show's producers felt it necessary to call it Suessical the MUSICAL so people wouldn't confuse it with Suessical the depilatory cream. ▼▼▼

Hank Azaria will play a sketch comedy writer in a new NBC program.

Actor **Ethan Sandler's** one-man show, *Fully Committed*, leaves its Los Angeles home for a national tour, kicking off at Washington D.C.'s Ford Theatre on January 25. Is it tacky to use the words "kicking off" and "Ford Theatre" in the same sentence? The show is noteworthy in is similarity to *Greater Tuna*, as Sandler plays all the characters both male and female. Among the quirky roles are a hitman, a wealthy social dame, supermodel, Wall Street Tycon and a Head Chef, described as Hannibal Lechter of the kitchen. ▼▼▼

TELEVISION -

Ready for the survival of the fittest? Perhaps I should say "survival of the one who can eat the most worms and form the most alliances." Prepare yourselves for *Survivor II* which debuts right after the superbowl and settles into its regular Thurs-day night slot on February 1st. This time the competition is surrounded by desert, as in the Australian outback. No word as to any gay or lesbian contestants - let alone nudists. ▼▼▼ Those who missed **Michael T. Weiss** (*Jeffrey*) and his *Pretender* series can rejoice. A new made for television movie titled *The Pretender 2001*, comes to TNT on January 22. The two hour movie stars series regulars, **Patrick Bauchau**, **Jon Gries**, **Andrea Parker** and of course, Weiss. ▼▼▼

We all know of the media attention which resulted from **Ellen DeGeneres** coming out on her TV series in 1997. But what could the talented comedian/actress possibly do to top that? How about going from a Sister of Sappho to a Sister of Jesus? You got it. DeGeneres will play a nun on an upcoming episode of *Will & Grace*. But not just any nun. Sister Ellen will be such a nun of none, one that was soooo celibate, she has to rely on *Will & Grace* to describe what it's like to have sex with a man. Maybe she should just ask **Anne Heche**. ▼▼▼

Ellen DeGeneres will appear as a nun in an upcoming episode of Will & Grace.

Comments or questions can be sent to Gerald Semas at shownewz@aol.com

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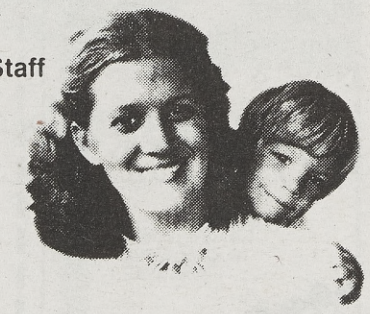

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OUT WITH THE SLICKS

Genre

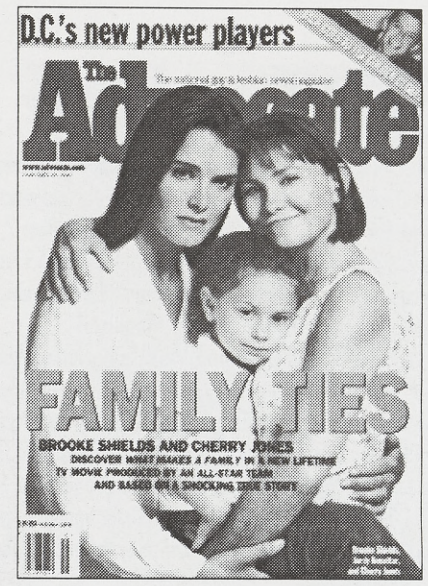
December/January 2001. Number 887. Info. 888-576-9933, www.GenreMagazine.com.

Comedian **Lily Tomlin**, E! Online's gossip writer **Ted Casablanca**, and NYPD Blue's **Bill Brochtrup** are featured in this issue. There is a Genre photography exclusive 2001 calendar and the top ten list of men readers love.

Girlfriends

January 2001. Volume 7, Issue 7. Info. 800-475-3763, www.GirlfriendsMag.com.

Their second annual bridal issue covers everything two women will need to have a successful commitment ceremony. From wedding albums to legal help to honeymoons, they will provide those ready for married life with needed materials.



The Advocate

January 30, 2001. ISSN 0001-8996. Info. 800-827-0561, www.advocate.com.

Brooke Shields and **Cherry Jones** discover What Makes A Family, the true story of two lesbians who fight to keep their daughter. A feature on the rise of adoptions by LGBT couples accompanies is. Also **Elton John's** photo collection on display in Atlanta, poet **Eileen Myles**, and **Ennio Marchetto**.

A play by
Rosemary McLaughlin

A Lambda Players Presentation

Directed by
Marsha Swayze

standing in the shadows

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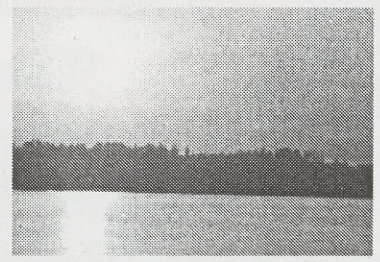

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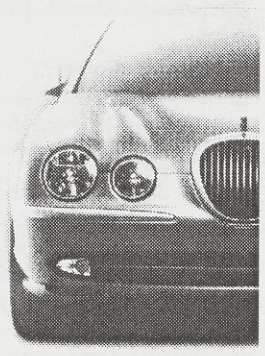

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San Francisco Opera Annou

By Nicole Macshafi
MGW Staff

SAN FRANCISCO, CA – San Francisco Opera Company's General Director Designate **Pamela Rosenberg** recently announced details for their 2001/2002 season. Running September 7, 2001 through July 7, 2002 at the War Memorial Opera House (455 Franklin Street), the season will include eleven operas and 89 performances all planned by outgoing General Director **Lotfi Mansouri**.

The season will open with **Giuseppe Verdi's** Rigoletto, which was last performed by the company in 1997. Other highlights include the world premiere of the complete original version of **Tigran Chukhadjian's** Armenian opera Arshak II, new productions of The Merry Widow, Jenufa, Die Meistersinger. They will also perform Samson Et Dalila, Tosca, Falstaff, Carmen, Madama Butterfly, and end the season with Giulio Cesare. All operas will be performed in the original language with English supertitles.

Many of the Company's vocalists will return this season. Sopranos **Anna Netrebko** and **Ruth Ann Swenson**, mezzo-sopranos **Olga Borodina**, **Helga Dernesch**, **Angelika Kirchschlager**, and **Frederica von Stade** will join tenors **Marcello Giordani**, **Richard Leech**, **Frank Lopardo**, and **Jay Hunter Morris** on stage. They will be led by Music Director **Donald Runnicles**, **Marco Armiliato**, **Paolo Carignani**, **Emmanuel Joel**, **Jiri Kout**, **Erich Kunzel**, **Nicholas McGegan**, **Loris Tjeknavorian**, and **Marcello Viotti**.

Subscription renewal begins January 16, 2001. New subscriptions can be ordered after March 27, 2001. Single tickets are available after August 13, 2001. All casts subject to change. Info. 415-864-3330, www.sfopera.com ▼

Rigoletto

By Giuseppe Verdi. Conducted by Marco Armiliato. Directed by Mark Lamos. Set designs by Michael Yeargan. Costumes by Constance Hoffmann. Lighting by Mark McCullough. 180 minutes. Sung in Italian with English supertitles.

First performed in Venice, Italy on March 11, 1851, this tragic tale of innocence and revenge involves the Duke of Mantua (**Frank Lopardo**), his daughter Gilda (**Désirée Rancatore**), and their jester (**Stephan Pyatnychko**).
Performances scheduled September 7-29.

Arshak II (Arsace II)

By Tigran Chukhadjian, edited by Haig Avakian and Gerald Papasian. Conducted by Loris Tjeknavorian. Directed by Francesca Zambello. Set designs by John Coyne. Costumes by Anita Yavich. Lighting by Mark McCullough. 180 minutes. Sung in Armenian with English supertitles.

Originally composed in 1868, SF Opera presents the world premiere of the complete original version of Arshak II. The tale stars Armenia's fourth-century warrior king, Arshak (**Anooshah Golesorkhi**) with Olympia (**Hasmik Papian**), Paransema (**Nora Gubisch**), and Valinace (**Gordon Gietz**). The story is filled with court intrigues, betrayals, jealousy, amorous rivalries, tragedy, and reconciliation.
Performances scheduled September 8-30.

Samson Et Dalila

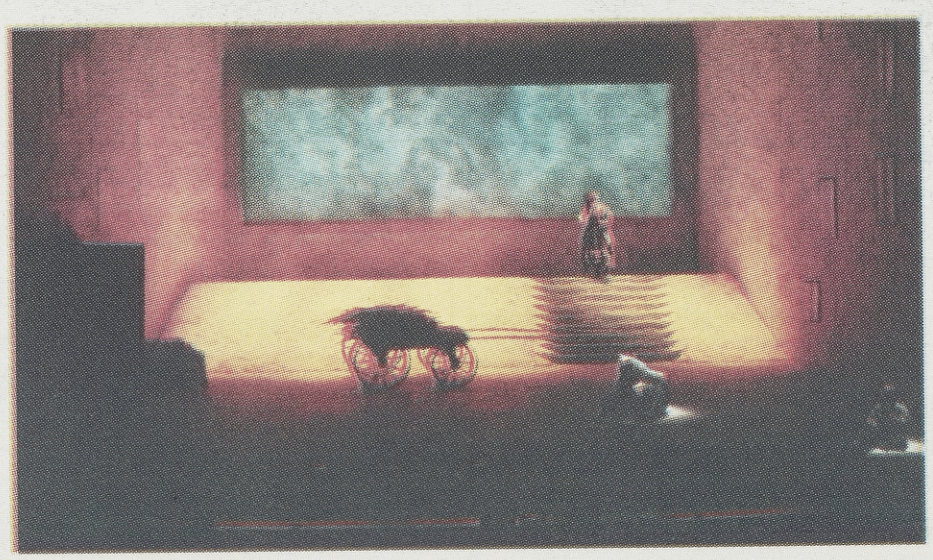
By Camille Saint-Saëns Conducted by Emmanuel Joel. Directed by Nicolas Joel. Set designs by Douglas Schmidt. Costumes by Carrie Robbins. Lighting by Thomas J. Munn. 180 minutes. Sung in French with English supertitles.

This production stars **Sergei Larin** as Samson with **Olga Borodina** is Dalila, **Timothy Noble** as the High Priest of Dagon, and **René Pape** as an Old Hebrew.
Performances scheduled September 22 - October 14.

Die Meistersinger Von Nürnberg

By Richard Wagner. Conducted by Donald Runnicles. Directed by Hans-Peter Lehmann. Set designs by John Coyne.Costumes by Walter Mahoney. Lighting by Thomas J. Munn. 300 minutes. Sung in German with English supertitles.

First performed in Munich, Germany on June 21, 1868, this light-hearted yet profound comedy in shows how true love can conquer all. **James Morris** will debut as the cobbler Hans Sachs. **Jay Hunter Morris** and **Robert D. Smith** share the role of young knight Walther von Stolzing. **Alfonso Antoniozzi** is the scheming Sixtus Beckmesser. **Janice Watson** and **Elisabeth-Maria Wachutka** share the role of Eva, whom all three men desire.
Performances scheduled October 10-28.



Tosca

By Giacomo Puccini. Conducted by Paolo Carignani and Marco Armiliato. Produced by Lotfi Mansouri. Sets and costumes designed by Thierry Bosquet. Lighting designed by Thomas J. Munn. 180 minutes. Sung in Italian with English supertitles.

The last hours of three people's lives in 19th century Rome are the focus of this performance. The fates of opera diva Floria Tosca (**Eva Urbanovà** and **Elizabeth Whitehouse**), her lover Mario Cavaradossi (**Richard Leech** and **Walter Fraccaro**), and villain Baron Vitellio Scarpia (**Franz Grundheber** and **Greer Grimsley**) are told with dramatic action against a brilliant score.
Performances scheduled October 23 - January 20.

Falstaff

By Giuseppe Verdi. Conducted by Donald Runnicles. Directed by Paula W designed by Jean-Pierre Ponnelle. Lighting designed by Thomas J. Munn with English supertitles.

Shakespearean knight Falstaff (**John Del Carl** (**Victoria Livengood**) and Alice (**Nancy Gust** of Alice's husband Ford (**Dwayne Croft**). But (**Elena Zaremba**) is a wise woman who sees th crafty plans. This is a debut production for SF Performances scheduled November 1-24.

Jenufa

By Leos Janácek. Conducted by Jiri Kout. Directed by Francesca Zambel costumes designed by Alison Chitty. Lighting designed by Jennifer Tipton Von Heidecke. 180 minutes. Sung in Czech with English supertitles.

Jealousy, death, and passion teach hard lesson Jenufa (**Janice Watson**) who learns that only she wants will she find love and happiness. **A Griffey**, **Jay Hunter Morris**, **Elizabeth Conn Dernesch** will join Watson on stage.
Performances scheduled November 19 - December 9.

The Merry Widow

By Franz Lehár. New dialogue script by Wendy Wasserstein. Conducted Lotfi Mansouri. Set designs by Michael Yeargan. Costumes designed by designed by Jennifer Tipton. 210 minutes. Sung in English with English

With its society balls, dinners, elegant ladies, bachelors, this operetta epitomizes glamour a century. **Noëmi Nadelman**, **Alexandra von Frederica von Stade** share the role of Hanna **Gilfry** and **Bo Skovhus** share the role of Cou Danilovitsch. **Angelika Kirchschlager** sings
Performances scheduled November 27 - January 19.

Carmen

By Georges Bizet. Conducted by Marcello Viotti. Directed by Grischa As Pierre Ponnelle. Costumes designed by Werner Juerke. Lighting design minutes. Sung in French with English supertitles.

Carmen (**Marina Domashenko**), a fiery tem Don José (**Marcello Giordani**) meet their fa becomes blinded by love and rage. **Denis Se Okerlund** share the role of Escamillo. **Nicol** them on stage as Micaëla.
Performances scheduled June 8 - July 6.

Madama Butterfly

By Giacomo Puccini. Conducted by Donald Runnicles. Directed by Ron by Michael Yeargan. Lighting design by Steven Strawbridge. 180 minu supertitles.

Madama Butterfly tells the story of the geish (**Miriam Gancil**) and Pinkerton (**Zoran Toc** American lieutenant she loves. When aband she commits a final act of desperation.
Performances scheduled June 9 - July 5.

Giulio Cesare

By George Frideric Handel. Conducted by Nicholas McGegan. Directed John Pascoe. Costumes designed by Michael Stennett. Lighting design minutes. Sung in Italian with English supertitles.

David Daniels returns to San Francisco Ope the Roman leader who falls in love with a w appears to be a lady in waiting (**Ruth Ann S Donose**, **Bejun Mehta**, and **Felicity Palme**
Performances scheduled June 19 - July 7.

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ounces 2001/2002 Season

nicles. Directed by Paula Williams. Set and costumes
esigned by Thomas J. Munn. 180 minutes. Sung in Italian

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lice (**Nancy Gustafson**) regardless
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ected by Francesca Zambello and Garnett Bruce. Set and
designed by Jennifer Tipton. Choreography by Kenneth
ith English supertitles.

teach hard lessons to young orphan
learns that only by loosing all that
and happiness. **Anthony Dean**
, **Elizabeth Connell**, and **Helga**
on stage.
19 - December 9.

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27 - January 19.

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Escamillo. **Nicolle Foland** will join

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Stennett. Lighting designed by Thomas J. Munn. 225
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n Francisco Opera as Julius Cesar,
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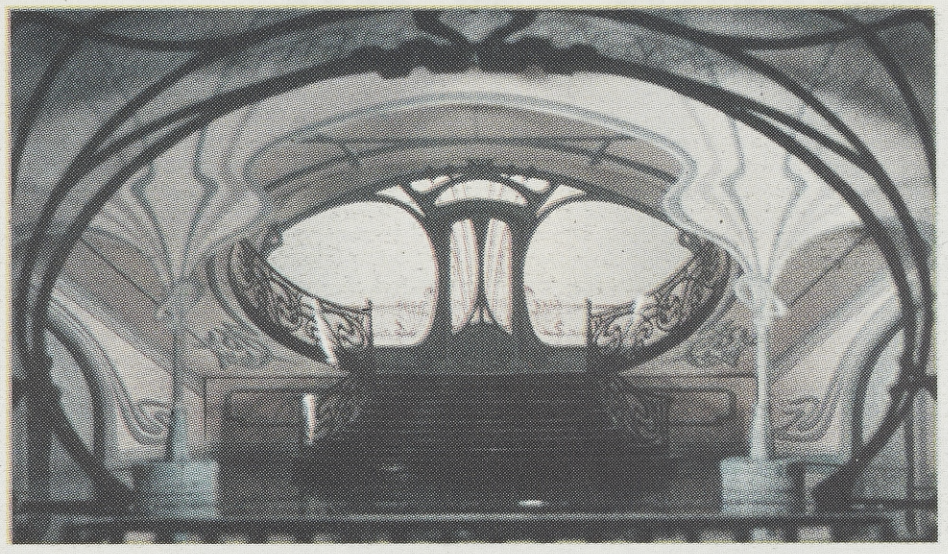
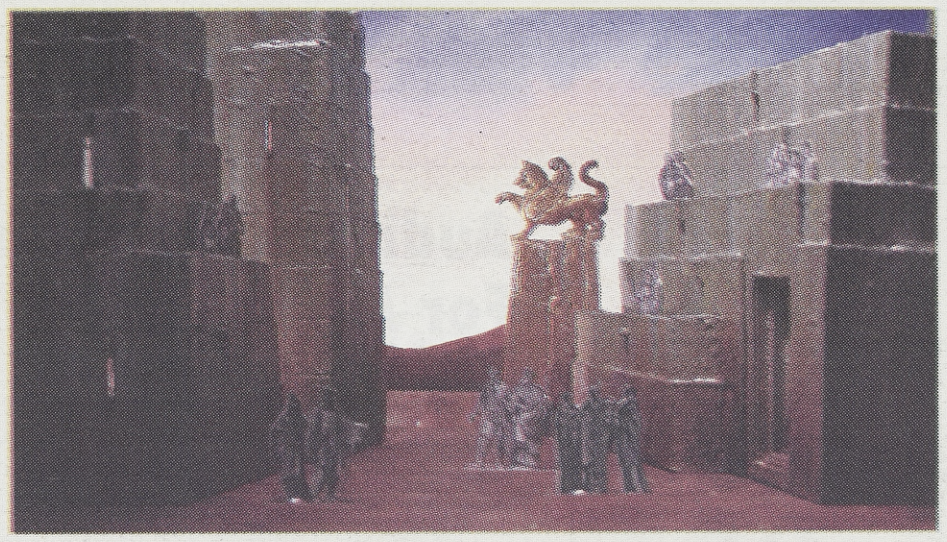
ng (**Ruth Ann Swenson**). **Ruxandra**
Felicity Palmer join them on stage.
July 7.



San Francisco Opera Company's General Director Designate Pamela Rosenberg and Music Director Donald Runnicles have already begun planning their 2002/2003 season. Rosenberg announced her new program "Animating Opera,' which will involve 25 operas and seven individual themes.

MGW Photo/Terrence McCarthy



San Francisco Opera 2001/2002 Season

Rigoletto	**Sept. 7 - 29**
Arshak II (Arsace II)	**Sept. 8 - 30**
Samson Et Dalila	**Sept. 22 - Oct. 14**
Die Meistersinger Von Nurnberg	**Oct. 10 - 28**
Tosca	**Oct. 23 – Jan. 20**
Falstaff	**Nov. 1 - 24**
Jenufa	**Nov. 19 - Dec. 9**
The Merry Widow	**Nov. 27 – Jan. 19**
Carmen	**June 8 – July 6**
Madama Butterfly	**June 9 – July 5**
Giulio Cesare	**June 19 – July 7**

San Francisco Opera Announces New Program

SAN FRANCISCO, CA - General Director Designate Pamela Rosenberg unveiled her new long- term artistic vision for San Francisco Opera. Titled "Animating Opera," the five-year plan will begin with the 2002/2003 season and will consist of 25 operas involving seven different themes. Themes may include "Seminal Works of Modern Times," "The Faust Project," "Women Outside of Society," and "Metamorphosis: From Fairy Tales to Nightmares."

Rosenberg plans to hold the American premiere of Olivier Messiaen's Saint François d'Assise as well as the first complete American staging of Les Troyens by Hector Berlioz. SF Opera will give twelve new performances and commission a new piece based on the life of an American Johann Faust. Info. 415-864-3330, www.sfopera.com ▼

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Cast Away's "Wilson" A Hit

LOS ANGELES, CA – While Tom Hanks received a New York Film Critics Circle Award for her performance in Cast Away, his "co-star," a volleyball named Wilson, was auctioned for $18,400. Bidding for the ball opened on December 26 with $100 at Fox-auction.com and grew quickly. With 68,500 hits, the ball received more page views then any other item in Fox's history. Other auctioned items included a birthday card that accompanied Wilson and a pair of ice skates. So far, Cast Away has grossed nearly $120 million in box office receipts. Info. 310-369-2440 ▼

Auditions Announced For Annie

SACRAMENTO, CA – California Musical Theatre is conducting an area-wide search for the title role of Annie. Auditions will be held on Saturday, January 20 by appointment only. Annie will play at Music Circus July 30 through August 5 following two weeks of rehearsal.

Girls age ten to thirteen and no taller than five feet are sought for the role. Minorities are encouraged to apply for non-traditional casting. Each child should be prepared to sing and bring sheet music in her own key. An accompanist will be provided. Info. 448-1239 ▼

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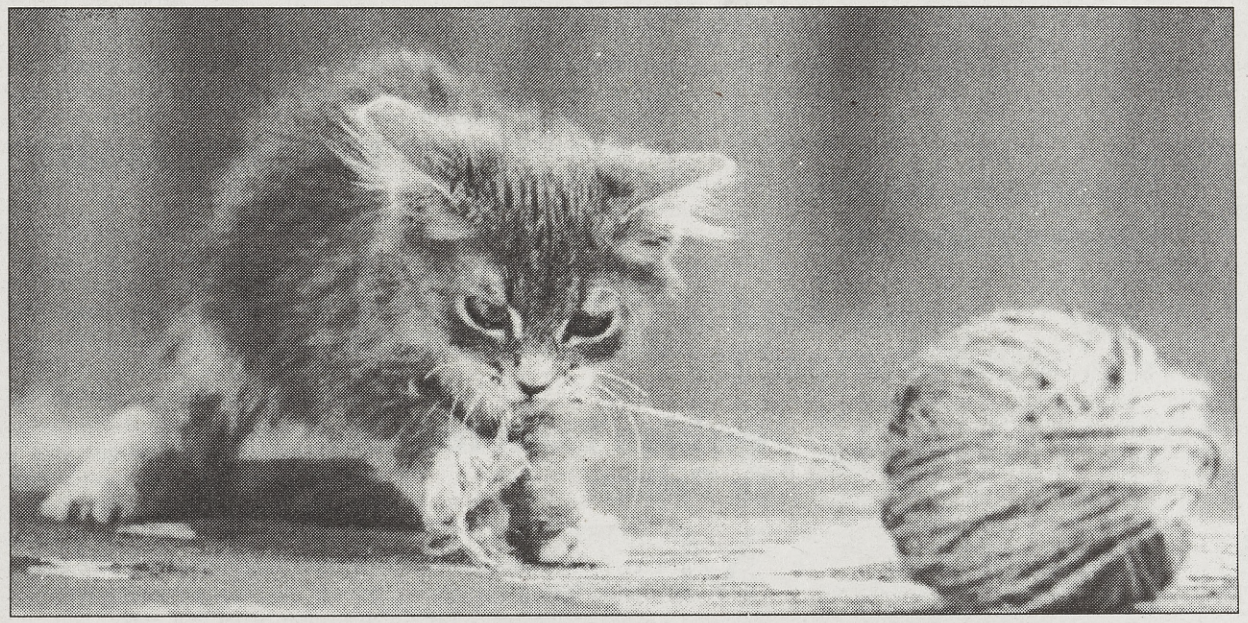
Lamenting Your Kitty's Litter Box

By Randy Jamison
MGW Staff



Urination and defecation outside the litter box is the most common complaint behaviorists receive from cat owners. Cats are extraordinarily fastidious creatures. Outdoors they tend to urinate and defecate in relatively open and previously unused areas. Unless they are marking, deliberately depositing the scent of their urine or feces as a chemical "autograph" for other cats, they carefully cover their waste and move on.

It is asking quite of your cats if you provide a single litter box in a home with several cats, fill it with litter that is unpleasant to step into, clean it only infrequently, and still expect cats to use it several times daily, day after day. It's no surprise that the most common behavior problem reported by cat owners is urination and defecation outside the litter box.

From the cat's point of view, this habit is quite understandable. Fortunately, it is also quite responsive to behavior modification. If you consider that cats prefer, when given the choice, to eliminate in clean and open areas, and also may be wary of noises, dampness, inconvenient litter box location, and unpleasant odors, you may design your own treatment plan

Inappropriate elimination is most often a learned behavior. If there is something unpleasant about the available litter box, cats will simply use another spot. What can you do about it? First and most important, take your cat to the veterinarian. A thorough physical examination, including urine, stool, and blood tests, will exclude medical causes of inappropriate elimination.

Next, be sure to provide enough litter boxes. It is suggested that you have one more litter box then you do cats (that is, two for one cat, three for two cats, etc.). Litter boxes should be placed in accessible areas, not dark, damp basements, distant bedrooms, or areas unprotected from the noises of washing machines and furnaces. To accommodate the preference for open spaces (and dislike for odors), avoid covered litter boxes. Instead, use as large and open a box as possible. A study of substrate preferences has shown that cats prefer the clumping, scoopable litters to other types.

Place thick vinyl on the inappropriate areas after cleaning with a urine odor-neutralizing product. It also is helpful to top the vinyl with items that smell clearly unpleasant to cats, such as cedar chips, perfume, and citrus oils.

Finally, try to keep your litter boxes as clean as possible by removing urine and feces at least daily. Your obliging cat will certainly reward these efforts. ▼

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WIRES

VillageTV.com To Host Awards Show

WEST HOLLYWOOD, CA - VillageTV.com will host its first internet awards show on January 28 at 7pm. The 2001 **Webcast Video Awards** will recognize LGBT-orientated internet videos and producers. Nominees include "Queer As Folk," "Larry's Visit," "Queer Duck," and "Just One Time." The program will be broadcast live from Club Centaur in Los Angeles and hosted by **Rev. Geoffrey Karen Dior, PhD.** of "Xena Warrior Princess." Info. 323-650-8893, www.villagetv.com ▼

Website Offers Legal Help

GULFPORT, FL - RainbowLaw.com creators, **Carrie Stone** and **Elisa Ross** are offering free legal advice to LGBT couples. Although same sex couples can not legally marry, however they can authorize wills, living together agreements, living trusts, and durable power of attorneys. Their website will provide necessary information and referrals local services in their area. Info. 727-302-0544, www.RainbowLaw.com ▼

Matthews Debuts Comedy Special

WEST HOLLYWOOD, CA - Openly lesbian comic **Sabrina Matthews's** will premiere on Comedy Central on Monday, January 22 at 10pm. Directed by Emmy award winner **Paul Miller**, Matthews' routine includes LGBT humor among many other topics. First seen on Comedy Central's "Out There in Hollywood," Matthews began her career in San Francisco and has performed at the Montreal Comedy Festival. Info. www.SabrinaMatthews.com 818.763.9841 ▼

Investigation In Assault Begins

ASHBURN, GA - **Robert Martin**, 32, was found beaten nearly to death in the breezeway of an abandoned school building. Agent **Tom Davis**, who is leading the investigation, does not believe the assault was a hate crime. Martin was found unconscious at the school and remains on a ventilator in critical condition. Although Martin had many friends, he had been beaten and harassed before by area young adults. Info. 229-567-2323 ▼

Lesbian Executed In Prison

MCALESTER, OK - Despite national protest, **Wanda Jean Allen** was executed Thursday, January 11 at the State Penitentiary. Allen, 41, was sentenced to death for the 1988 shooting death of her girlfriend, **Gloria Jean Leathers**. Protestors, led by the American Civil Liberties Union, believed Allen's sexual orientation was used to convict her. The only other woman to be executed by the state was **Dora Wright** in 1903. Both women were African American. Info. 212-549-2568 ▼

BSA Loses Jewish Support

NEW YORK CITY, NY - On January 5, the Joint Commission on Social Action of the **Union of Hebrew Congregations** recommended that parents and synagogues end their support of **Boy Scouts of America** (BSA) troops. Congregations were also advised to ask troops to rewrite their charters to prohibit discrimination. The letter said, in part, that the BSA's banning of gay men and boys is "incompatible with our consistent belief that every individual...is deserving of equal treatment." About 65% of troops are sponsored by religious organizations. Synagogues sponsor 277 of those with 7,187 members. Info. 212-650-4000 ▼

NTAC Plans National Lobbying Week

WASHINGTON D.C. - The **National Transgender Advocacy Coalition** (NTAC) has announce preliminary plans for the group's first organized lobbying effort. A training session will be held on Sunday, May 13 with lobbying occurring throughout the following week. Founded in 1999, NTAC is the only gender variant advocacy group in the nation. NTAC hopes to educate legislators and build a foundation for future equality. Info. ntac.org ▼

NSD Creates Plan To Reorganize

WASHINGTON D.C. - The Board of Directors of the **National**

Continued next page

Sacramento Area Community Women's Network

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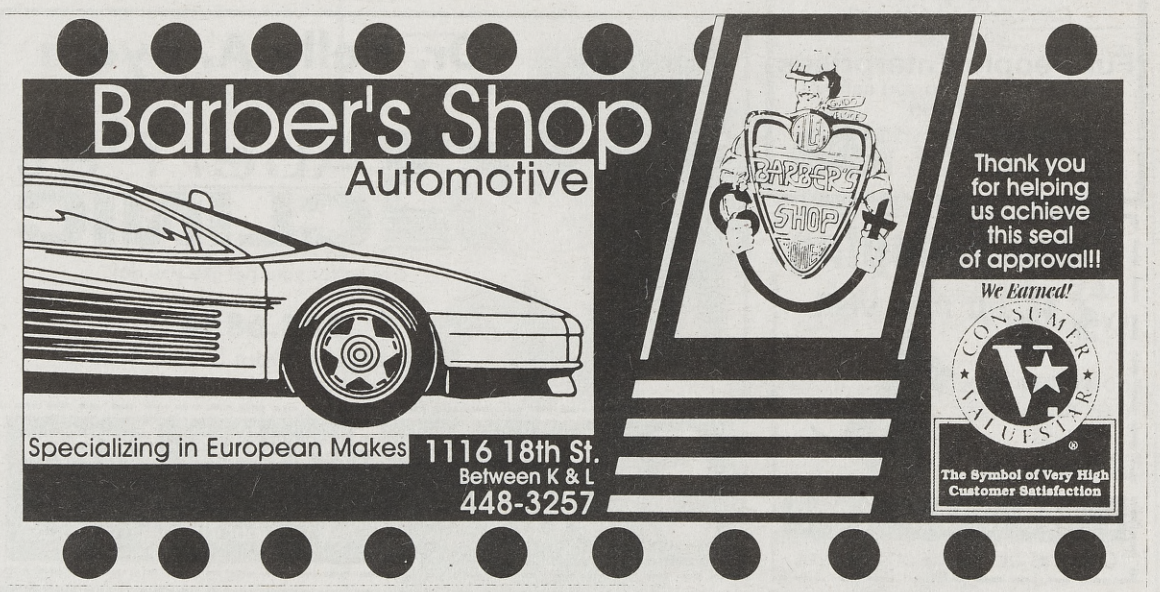

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WIRES

Continued from page 18

Stonewall Democrats (NSD), an LGBT Democrat organization, has announced a plan for the group's future. They will focus on developing new chapters, grassroots training, and challenging the Bush Administration on LGBT issues. Currently, NSD has sixty chapters with 10,000 members nationwide. NSD is seeking volunteers interested in political organizing and supporting the Democratic Party. Info.202-783-8670, www.stonewalldemocrats.org ▼

UN Plans HIV/ AIDS Session

NEW YORK CITY, NY - On June 25-27 the United Nations General Assembly will hold a Special Session on HIV/AIDS. The session will be a global discussion among governments to set priorities and strategies in the war against HIV and AIDS. The UN encourages the public the attend and participate in the meeting. Grants are available to individuals for travel expenses. Applications are due February 1. Info. www.unaids.org ▼

Phelps To Protest Rainbow Stickers

TRAVERSE CITY, MI - **Fred Phelps** is ready to debate the city's tolerance campaign with **City Commissioner Margaret Dodd**. In response to a spur of hate crimes, the town printed 10,000 bumper stickers with jigsaw people against a rainbow background with "We Are Traverse City" across them. The stickers were to be placed on city vehicles and given free to residents in order to promote unity. Sticker distribution was stopped January 2 after **Gary Glenn**, President of the state's American Family Association complained that they promoted homosexuality. Dodd plans to maintain her support of the stickers and the city's program. Info. 313-537-3323, www.tri.org ▼

Event Honors Clinton And Gore

WASHINGTON D.C. - The National Gay and Lesbian Task Force and the National Stonewall Democrats will host "Applauding Progress," an event to honor gains made by the GLBT community during the Clinton-Gore Administration. The event will be held at the Washington Club (15 Dupont Circle) on Friday, January 19. It will begin at 8pm. Honored guests will include **Virginia M. Apuzzo**, **Vic Basile**, **Representative Barney Frank**, **House Minority Leader Richard Gephardt**, **Elaine Kaplan**, **David Mixner**, **Representative Jim Moran**, **Julian Potter**, and **Mayor Anthony Williams**. Info. 202-332-6483, www.ngltf.org ▼

LCCP Announces Award Banquet

CHICAGO, IL - The **Lesbian Community Cancer Project** (LCCP), a ten-year-old health organization, announced the recipients of its Annual Awards. Winners will be recognized at the project's "Coming Out Against Cancer" banquet on Saturday, January 20 at the South Shore Cultural Center (7059 S. South Shore Drive) beginning at 7pm. Info. 773-561-4662, www.lccp.org ▼

SLDN Co-Director Steps Down

WASHINGTON, D.C. - Servicemembers Legal Defense Network (SLDN) Co-**Executive Director Michelle Benecke** is resigning this month to pursue new career opportunities. She is a co-founder of the seven-year-old legal aid and policy organization started in response to "Don't Ask, Don't Tell, Don't Pursue, Don't Harass." Board **Co-Chairs Tom Carpenter** and **Teresa Verges** will maintain their executive positions. **Dixon Osburn** will join them as the new Executive Director. Info. 202-328-3244, www.sldn.org ▼

GLAD Seeks Client Advocate

BOSTON, MA - **Gay And Lesbian Advocates And Defenders** (GLAD) is seeking a full time Spanish speaking client advocate. Prior legal experience is not required. Applicants must be able to perform outreach and education in communities affected by HIV and racism, manage the information hotline, and train volunteers. Resumes are due by January 18. Info. www.glad.org ▼

LGBT Hotline Doubles Hours

SAN FRANCISCO, CA – The **Gay & Lesbian National Hotline** (GLNH) is a non-profit, peer counseling, information, and local resources telephone hotline. Their East and West Coast offices recently doubled their hours of operation in order to meet the needs of the nation's LGBT community. The center's new hours are Monday through Friday from 4pm-12am EST and Saturday 12pm-5pm EST. Info. 888-843-4564, www.glnh.org ▼

Anthology Seeks Submissions

BOSTON, MA – An LGBT poetry anthology is seeking submissions in the tradition of "Gents, Bad Boys, and Barbarians." **Rudy Kikel** and Windstorm Creative will edit the collection. All gay male poets that were not been published before 1995 are invited to submit ten pieces with a photo and author biography. There is no submission fee. Info. rudyk@aol.com ▼

HGMF Seeks Submissions

HAMPTON, VA – Harrington Gay Men's Fiction Quarterly is accepting submission of short fiction, critical essays, and interviews concerning sexuality or gender studies. International writers whose work has been translated to English are encouraged to submit articles. Info. 757-825-3663, www.HaworthPress.com ▼

Soulforce Launches Stage Two

LAGUNA BEACH, CA - **Soulforce** began stage two of their "Stop Spiritual Violence" campaign. Members are encouraged to withhold offerings and tithes to churches that oppress LGBT people through policies and teachings. In the past year over 1,000 Soulforce volunteers have held protests at religious meetings in Cleveland, Orlando, Long Beach, Denver, Washington D.C., and Rome. About half of were arrested during the nonviolent acts of civil disobedience. Info. 717-951-7712 ▼

Judge Moore Sworn In

MONTGOMERY, AL – Roy Moore, best known as the "Ten Commandments Judge," was recently sworn in as the state's Chief Justice. In the 1990s he began displaying the Ten Commandments in his county courtroom and encouraged Christian judges in other states to do the same. During the ceremony, Moore vowed to acknowledge the Bible's laws in his civic duties. The state's Supreme Court now has an 8-1 Republican Party majority. Info. 334-832-1357, 334-832-1357 ▼

Charges Against May Dropped

PHOENIX, AZ – The Army has dismissed its charges against Republican Representative Steve May stemming from his admission of being a homosexual during debates concerning extending health care to LGBT couples. May, who is also a Reserve Lieutenant, agreed not to re-enlist once his term expires May 11 and will receive an Honorable Discharge for violating the army's "Don't Ask, Don't Tell" policy. Under the rule, LGBT people are allowed to serve in the armed forces but are not allowed to disclose their sexual orientation. Info. 602-542-5408, SteveMay.org ▼

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ON THE HIV FRONT

By Sonya Cox
AIDS/HIV Editor

Poppers sales investigated...

Canadian officials are probing a Vancouver company for openly marketing a potentially deadly chemical called isobutyl nitrite. The drug, popularly known as "poppers," is used by some who need to enhance sex. It has been criticized by AIDS activists for promoting the spread of HIV and causing health problems up to and including death if taken with Viagra.

The company markets the chemical in packaging labeled "leather cleaner" or "video-head cleaner," since it is illegal to sell or use it as a drug in Canada and the U.S. However, it is legal for these specific non-drug industrial applications. A recent investigation by the *Vancouver Sun* found that the drug is now marketed online as a mood-altering drug.

In Loving Memory of Friends Lost in January

January 1986:
Ray Wintree

January 1987:
Herb Finger
Kevin Wulfert

January 1989:
Terry Pennington
Kenneth Morrison
Timothy Scott Shepherd
William R. Simmons

January 1990:
Robert Winchester
Peter Massman
Rob Roy Frisch
Bill Gilliam

January 1991:
Jeff Fowler
Terry Holme
Peter David Lucero
John Paddock
Gerald O'Brien
Paul Barnes
Gregory Harlan

January 1992:
Lance Brown
Ruth Smith
Chuck Kitlinger
Michael Scott Olson
Herman Adams, Jr.

January 1993:
George Whitfield
Jean Anderson
Chris Bolton
Fran Findley
Joseph Torres
Glenn Olson
Jimmie Hildebrand
Bob Foti
Larry Paladini

January 1994:
Randy Gray
Ron Drake
Michael Rosenberg
Scott Holkko
Hugh Hayes
Dale Rezabek
Gregory Freeder
Patrick Butler
Jim Hatton
James Hutton
Frank Zadnik

Ron Harmon
Mark Baptista
Bill Miller
David Fithian

January 1995:
Paul Starr-Fuhr
Sean Hoag
Scott Alderson
Paul Hayes
Christopher Logan
Tony Gonzales
Chuck T.
Jesse S.
Steven Loren Yardley

January 1996:
William Womack
Robert Gilbert
Dr. Robert Walter
Daryl Seibel
Kathleen Thomas
Andre Smith
Elsworth Ensley
Bill J.
James Corregan
Elliott S.
Brian B.
Joseph Twyman
Billy Hildebrand
Michael Bowens

January 1997:
Gregory Estep

January 1998:
John B.
Robb Wendell Campbell

January 1999:
Steve Dolan
Gary Hayes Groff
Rev. Merrill Follansbee

January 2000:
William Knudson
Bradley Long

In Loving Memory of
friends lost last month

December 2000:
Gary Shaw
Thomas Scott Mountain

January 2001:
Lori Jaeger

When someone you love becomes a memory, the memory becomes a treasure.

To add the names of loved ones to MGW's remembrance column call 737-0309

For info about creating a NAMES Project AIDS memorial panel call 484-4164

What's new with combo meds...

- GlaxoSmithKline's HIV triple drug combo Trizivir was officially approved for use throughout Europe. The drug, which had already been approved in five nations including America, combines three NRTI drugs into one pill – **abacavir** (Ziagen), **lamivudine** (Epivir), and **zidovudine** (AZT/Retrovir). Because pricing policies vary among European countries, a spokesperson for GlaxoSmithKline could not say whether the combination drug would cost less than taking the three medications separately. However, the company did note that the new product could likely increase adherence to treatment regimens.
- Dual protease inhibitor combo **ritonavir** (Norvir) and **nelfinavir** (Viracept) appears to be a safe and effective therapy for people with HIV who have not yet received any other PI therapy, say researchers from Johns Hopkins University School of Medicine in Baltimore. They assessed responses from 20 individuals receiving different dosages and combinations for a year to see if the presence of Norvir increase the action of the Viracept. Moderate-to-severe diarrhea and nausea were the most common side effects. In this small study, Norvir not only allowed the administration of a reduced daily dose of Viracept – but resulted in Viracept concentrations increasing nearly threefold.
- The combination of **hydroxyurea** and **didanosine** (DDI) safely provides long-term suppression of HIV viral load, say researchers in Lyon, France. Hydroxyurea is an old anti-cancer drug approved for several treatments, including leukemia. It had not before been approved as an HIV drug. It has been under investigation for the past few years as a combo with DDI, D4T, AZT and other drugs, but seems to work best as a supplement to DDI to increase the effectiveness of that drug. Previous studies have demonstrated the antiviral effectiveness of hydroxyurea, but deaths from pancreatitis raised concerns about its. Researchers testing new dosages and combinations in 65 people with HIV say about a third of the volunteers initially had changes in blood readings, but this normalized spontaneously during continued therapy. This combo represents an additional anti-retroviral combination regimen for persons requiring therapy that can be administered safely for a prolonged period, the authors conclude. Additionally, because these two drugs provide the cheapest combination with long-lasting results, they suggest that "many people in developing countries could benefit from this treatment if care is taken with certain parameters."
- *Combo warning...* **Bristol-Myers Squibb** has issued a warning to AIDS doctors around the world cautioning that two of its AIDS drugs, **Zerit** (d4T) and **Videx** (DDI), should be used sparingly in pregnant women. So far, three expectant mothers who were taking the medications have died. An FDA official suggested that toxicity problems might also affect other drugs in the NRTI nucleoside analogue class, such as AZT and 3TC. An individual's reaction to a particular enzyme is stronger for d4T and DDI than for other drugs in the class. The deaths, from lactic acidosis, could have far-reaching consequences since two of the deaths occurred in clinical trials abroad including one of those death in South Africa, where the issue of AIDS drugs is particularly volatile.

Controversy continues...

In the on-going research about whether to administer strong HIV meds as later to keep toxic drugs out of a person's body as long as possible or to hit the infection early, a new study suggests that individuals who take combination drugs soon after HIV infection see faster and more complete immune reconstitution than people who start treatment later. Researchers from St. Vincent's Hospital in Sydney, Australia, studied 58 people with HIV. All were given **indinavir** (Crixivan) or **nelfinavir** (Viracept) plus two nucleoside reverse transcriptase inhibitors (NRTIs). After one year, the average T-cell count in the people who had previously received no treatment rose from 470 to 758, while the median increase among those who had previously taken HIV meds was much smaller, from 204 to 310.

Trial begins on vaccine from unique group...

A vaccine developed from the immune systems of thirty prostitutes in Kenya who have mysteriously resisted infection with HIV for over ten year despite repeated exposure to the virus, as well as from samples from sixty others who tested positive a decade ago but still show no symptoms of HIV, is now ready for the next step in the trials process. The vaccine, developed by British and Kenyan scientists, will soon be tested in Britain on healthy, HIV-negative individuals who are considered to be at low risk for infection, and in Kenya, focusing on individuals at high risk for HIV infection.

Drug maker's holiday party crashed...

Bristol-Myers Squibb's employee Christmas party was disrupted last month by ACT-UP protestors shouting accusations that the firm is involved in price-gouging for the new formulation of Videx (DDI) that is easier to take and has fewer side effects to the gastrointestinal tract.

Ventura supervisors OK needle exchange...

Declaring a medical emergency, health officials in Ventura County, California have launched a needle exchange program in an effort to stop the spread of HIV and hepatitis. Nearly 50% of the injection drug users in the county are infected with hepatitis B or C, with injections also accounting for the HIV infection of 20% of the men in the county and 45% of the women. The nonprofit Rainbow Alliance plans to start the needle exchange program in Ventura and Oxnard in March. Workers will provide clean needles, information about where to get treatment for drug addiction, and HIV testing.

Post-exposure treatment receives another warning...

The CDC has received reports of life-threatening liver damage in 22 health care workers who had nevirapine (Viramune) added to their immediate-response treatment after occupational exposure to HIV. Viramune is not recommended for treating people after accidental exposure and, in fact, it must be closely monitored even when taken as an HIV treatment since it has been associated with instances of serious skin conditions, as well as liver damage occasionally resulting in death. Most physicians, including CDC officials, believe that the risks associated with using Viramune as part of an immediate-response regimen outweigh any anticipated benefits.

Health care workers receiving immediate treatment after an accidental needle stick or those receiving "morning after" treatment following exposure to the virus are asked to stay with an approved regimen of HIV drugs for a period of two to 6 weeks. In general, side effects are common, although toxicity is rarely serious. In a study of nearly 450 workers exposed to HIV on the job, 197 discontinued treatment early because of adverse effects, or because it was discovered that the source of their possible infection was not infected after all. About 75 percent of the 450 workers reported some symptoms from the drugs prescribed, most commonly nausea, fatigue or malaise, headache, and vomiting. ▼

Remembering friends and loved ones...

We remember them
at the rising of the sun
and at its going down.

We remember them
at the beginning of the year
and when it ends.

We remember them
when we are weary
and in need of strength.

We remember them
when we are lost
and sick at heart.

We remember them
when we have joy
we yearn to share.

We remember them
when we have decisions
that are difficult to make.

We remember them
when we have achievements
that are based on theirs.

As long as we live, they too will live,
for they are now a part of us,
as we remember them.

..a Jewish prayer

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Poet Promotes Compassion For Friends With HIV

Ann Elston of Sacramento submitted the following poem. Although she does not have HIV, many of her friends do. She wants to offer hope and comfort to her friends, as well as erase some of the stigma associated with being HIV-positive.

MISTER AIDS

Once, you could kiss and not tell.

Once, you could kiss and no one yelled.

But, MISTER AIDS is out there now!

Beware and stick to your bed.

Respect the one, you have wed.

Don't introduce MISTER AIDS, to your wife and child.

Stay home, and not just awhile!

Let us have compassion, for these afflicted ones.

Let's show them love, like the ONE above.

They too, can repent, like me and you.

HE does want us all.

They too, can heed HIS call.

HE extends HIS arms, to one and all.

No blame, should be tossed around.

We all sprang, from the same ground.

Let's throw our arms, around these ones.

Let us not, conjure up any shame.

Don't let that, in the game.

Let's not call, these ones names.

There, but for, "The grace of GOD," go you or I.

DO nothing, to make them cry.

WE will all be together, in the by and by.

Stay away from MISTER AIDS, he can make you die.

Respect your life and loved ones too.

This we all, we all must do.

Afflicted ones, seek comfort, from the ONE above.

HE is willing, to show you love.

HE wants you too, in the flock.

I assure you, HE has not forgot.

So, you take care and always beware.

MISTER AIDS is out there now! ▼

Practice Giving Unconditionally

By Lydia Frances, LCSW
MGW Staff

Dear Dr. Love,
My sister dropped her kids off at my parent's house this summer while she and her husband attended a conference. She asked me if I would also go to my parent's house to help care for the children, which required that I take time off work. I willingly and wholeheartedly agreed and spent good quality time with my niece and nephew going fun places and doing interesting things, and taking good care of them. I went home just before my sister and her husband returned to our parent's house to pick up their children. I haven't heard a thing from her since I got home. This same thing happens when I send gifts. I feel like my sister doesn't care or doesn't have time for me.

First remember that your sister's behavior may have no bearing on whether she cares or has time for you. There is some connection you have made that may or may not be true and which needs to be explored with her in order to discover the truth.

I would first suggest spending some time looking at what you expected from your sister once you returned home from your parent's house, and also what you expect or want from her when you send gifts.

Address also how you feel about the situation when you extend yourself and receive nothing in return. Once you are clear, talk with your sister about what you had hoped for and how you are feeling. Be sure to speak from your own experience and own your feelings - ie - When I send you or your kids a gift and I do not receive a thank you note, I feel unimportant in your life.

Be open to hearing from your sister as well. Be sure to ask for what you want clearly and without judgement or blame. In talking with her, you not only take care of yourself and your feelings, but increase the chance for deeper intimacy and connection with her. If you do not feel comfortable talking with your sister, then you must come to terms with your feelings and your sister's behavior on your own.

Regardless of whether you talk with her or not, you have an opportunity to practice giving unconditionally to your sister. You can care for her children or give gifts without the need of something in return. To give wholeheartedly for the sake of giving and to accept your sister for who she is means loving her anyway. Practice this, too. ▼

Lydia (Mendoza) Frances, LCSW is a psychotherapist in private practice and a fellow seeker along the path. She has been practicing for 10 years in Sacramento, California. Email her at lmendoza@softcom.net or call her at 558-0254 with your questions.

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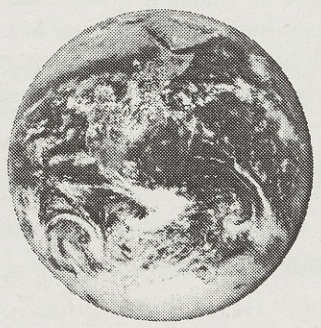

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The Missing Manual Has Been Found

By Nicole Macshafi
MGW Staff

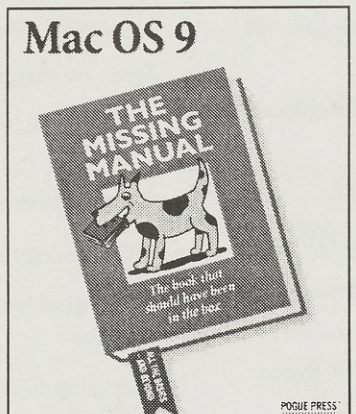
The Missing Manual Has Been Found, By David Pogue. Mac OS 9: The Missing Manual. O'Reilly And Associates, Sebastopol, California, 2000. www.orielly.com. 462 pages. ISBN 1-56592-857-1.

Although OS 9 comes with dozens of new (and sometimes complex) features, it does not come with a manual. Thankfully, O'Reilly published the book that really should have been in the box.

I do not believe this is a good title for people that are just beginning to use their personal computer. It does not include a glossary and shortcut keys are defined only once in the introduction. Screenshots are rare and do not necessarily help you understand directions. While reading this book, I noticed many places where graphics would make information clearer and easier to apply. Unfortunately, no such luck.

However, if you do have some understanding of Mac Operating Systems, this can be very helpful. Each chapter is a crash course in a specific feature. He tells you how it works, why you should use it, and how to fix it if something goes wrong. He even covers some hardware, such as the Mac's many cords, external drives, and ports.

If you have OS 8.5 or 8.6, Pogue's book will not do you much good. Either upgrade or check out *Visual QuickStart Guide Mac OS 8.6* by **Maria Langer** (ISBN 0-201-35472-1, Peachpit Press). It is a great title for beginners. She supplements simplified directions with corresponding screenshots making misunderstandings almost impossible. You will know exactly what you are supposed to do at each step. Info. 800-283-9444 ▼



Women of Courage

In 1983 the Lives of Sharon Kowalski and Karen Thompson were forever changed when Sharon was involved in an auto accident that left her severely and permanently disabled and in need of constant care. It also launched a 7 year court battle to determine who would have control over her medical care, rehabilitation and even where she would live. It pitted her and her partner against the Kowalski family, medical practitioners and the court system and brought to the forefront of America the struggles that lesbians and gays face in medical emergencies. In recognition of their fight, Thompson and Kowalski were presented the "Women Of Courage Award" by NOW at their 1990 National Convention.

The Lambda Players are proud to present

Karen Thompson

Author of the book *Why Can't Sharon Kowalski Come Home*, an activist and advocate for the disabled and for the rights of gays and lesbians,Thompson is coming to Sacramento in conjunction with the performance of "Standing in the Shadows," a play being performed by the Lambda Players that is loosely based on the lives of her and Kowalski. She will be telling of her life with Kowalski and their battle against the court system. She will also speak about mental health and spirituality - her experiences as a woman and how she has kept healthy.

Caring for the Disabled - Myths and Realities

February 8th, Noon, FREE, Hinde Auditorium, University Union, CSUS
6000 J Street Info: 916-278-7912

Mental Health and Spirituality

February 8th, 8p.m. $5. 24th Street Theatre, 2791 24th St.
Tickets available at The Open Book, 910 21st St.
Reservations: 916-484-4742

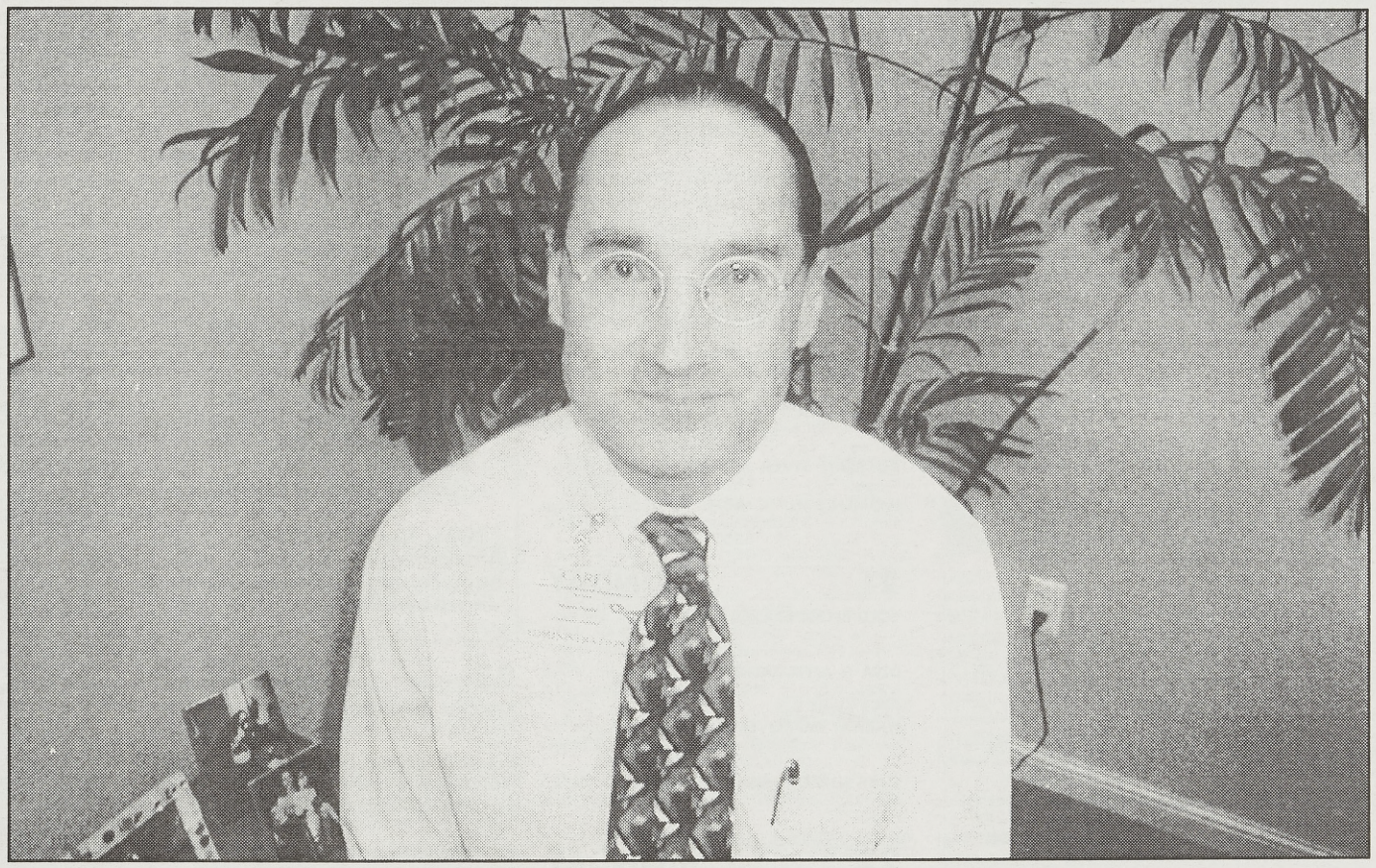
Ms. Thompson's appearance in Sacramento is sponsored by:
CSU Sacramento, MGW Newspaper, CAPE, SIGLFF, SACWN, Sacramento NOW, Cindy Traxler and Elaine Howle and Sports Leisure Vacations

••• THIS SPACE CAN BE YOURS. CALL 441.NEWS

CARES Meets Changing Epidemic Head On

By Marty Keale
MGW Guest Writer

Marty Keale is the new Executive Director of CARES (Center for AIDS Research, Education, and Services), Sacramento's comprehensive-care center for HIV and AIDS. This is the first in a series of articles on the agency and HIV.



CARES Executive Director Marty Keale hopes to familiarize the local LGBT community with services the center offers. People with HIV, as well as their friends and families, are invited to join their support groups, take advantage of their pharmacy and dentists, and become educated in HIV transmission.

Upon taking the position of Executive Director at CARES last October, one of my first concerns was to address the issue of bringing the critical nature of the work of this agency before the public, and assuring that our growing number of clients are completely familiar with the comprehensive, and expanding, nature of our services.

As the face of the disease changes, there are even more issues before our clients that must be addressed. Poverty, homelessness and substance abuse are becoming common obstacles in treatment. As more diverse social groups are affected, we also find ourselves addressing cultural influences and taboos that lead to denial, delayed treatment, and the danger of increased transmission rates. Most people whose lives have not been touched by HIV or AIDS are unaware of the full effect that HIV infection has. In addition to the physical, mental, and emotional effects felt by those dealing with chronic disease, there is the often-extreme stigmatization that people living with HIV and AIDS can encounter.

Most are also unaware of the magnitude of the epidemic in our community. Currently, there are an estimated 5000 people, ranging from infants to seniors over 65, living with HIV or AIDS in the Sacramento area. Over 1800 of them are CARES clients and about half as many are seeing other Sacramento HIV specialists. It's estimated, unfortunately, that as many as 2000 have never been tested and do not know they're HIV positive, are receiving no treatment, and are at high risk of spreading HIV if they have unprotected sex or share needles.

CARES exists to address the wide-ranging effects that HIV has on individuals and the community. We provide comprehensive, compassionate, state-of-the-art medical services to our clients — and, at the same location, pharmacy and dental services, as well as extensive social services. These include mental health services, health education, case management, and alcohol and other drug counseling, to name a few. Our clients can receive all their services in one familiar setting, and often during one visit, rather than having to travel to a variety of locations to have their needs met. This coordinated model of response reduces obstacles and increases the likelihood of adherence to the treatment program.

In upcoming issues of MGW, I will discuss the services at CARES in more detail, and address the HIV and AIDS situation in Sacramento.

In the meantime, please contact us at 443-3299, x-1303, if you want (or need) immediate and detailed information, or if you'd like to sign up for one of our periodic group tours of the facility to get a better idea of our services and answers to any questions you may have. ▼

CALENDAR

January

15 MONDAY

IN THE DARK, Lawrence Hall of Sciences, 1 Centennial Dr, Berkeley, 510-642-5132

MEN'S COMING OUT SUPPORT GROUP, 6pm, Lambda Center, 1927 L St., 442-0185

MEN'S DISCUSSION GROUP, 6pm, Lambda Center, 1927 L St., 442-0185

16 TUESDAY

INTL. DAY OF PROTEST, Sac.-Yolo Peace Action, 11:30am, Cesar Chavez Plaza, 9th & I St., 448-7157

M.H. DEYOUNG MEMORIAL MUSEUM, 10am "Antiquities" by Renee Dreyfus. Golden Gate Park, 75 Tea Garden Dr., SF, 415-750-3638

SOLANO-YOLO GAY MEN'S ALLIANCE MEETING, 7:30pm, 1325 Travis Blvd., Ste. G Fairfield, 707-449-0847

WOMEN'S COMING OUT GROUP, 7pm Lambda Center, 1927 L St., 442-0185

17 WEDNESDAY

C.A.P.E., First Annual Capitol Reception 5pm Capitol Bldg., 1st Floor Rotunda, 929-6331

CAPITAL CROSSROADS WESTERN WED., 6pm, The Depot 2001 K St., 441-6823

CSUS QUEER-STRAIGHT ALLIANCE MEETING, 1:30pm 6000 J St., Miwok Rm., University Union csusqsa@yahoo.com

LAMBDA CENTER BOARD MEETING, 6pm 1927 L St 442-0185

LGBT DATING GAYME, Cathode Ray Club 9pm www.DatingGayme.com 954-462-8611

WED. EVENING READING GROUP, speaker Maria Nemeth "Energy Of Money" 7pm Open Book 910 21st St 498-1004

WOMEN OUT AFTER 30 SUPPORT GROUP, 8pm Lambda Center 1927 L St 442-0185

18 THURSDAY

ECLECTIC TRASH READING GROUP, speaker Krandell Kraus "Love's Last Chance" 7pm Open Book 910 21 St., 498-1004

EMPLOYMENT LAW CLINIC, 6pm 515 12th St 551-2150

LAMBDA PLAYERS, "A Lady And A Woman" 8pm William J. Geery Theatre 2130 L St 484-4742

PFLAG MEETING, 7:30pm St Mark's United Methodist Church, 2391 St Mark's Way 978-0410

RAPE AGRESSION DEFENSE SYSTEM, 9am phone for location UC Davis 530-752-3372

RUSSIAN RIVER RESORT KARAOKE, 9pm 16310 Fourth St. 800-41-RESORT

SAC. AREA COMMUNITY WOMEN'S NETWORK (SACWN), 6pm Lambda Center 1927 L St 442-0185

SONiA, HenFlings Tavern 9450 Hwy 9 Ben Lomand 831-335-1642

SPEAKER DR. SUSAN CHAINEY, "Bad Girls Women In Film And Literature" 6:30pm UC Davis Olson Hall & Varsity Theatre, 616 2nd St., 530-752-3372

TOWE AUTO MUSEUM, docent training class, 2200 Front St., 442-6802

VOICE OF THE VALLEY A CAPELLA CHOIR, 7pm, Natomas Park Elementary School, 4700 Crest Natomas, 487-7000

VOLUNTEER AND DOCENT ORIENTATION, 9am, Effie Yeaw Nature Center, Ancil Hoffman County Pk., 6700 Tarshes Dr. Carmichael 489-4918

Aidan Kelly stars in "Howard The Rookie" playing at Magic Theatre February 2 through March 4.

19 FRIDAY

WEAR BLACK ON THE EVE OF GEORGE W. BUSH'S INAUGURATION

CENTRAL UNITED METHODIST CHURCH WOMEN'S DANCE, 7:30pm 5265 H St 332-6463

CO-DEPENDENT SUPPORT GROUP, 7:30pm Lambda Center 1927 L St 442-0185

DIVA SHOW, Diva Speck Sam Kaneda Roberta Donnay 8pm at Miserere & Bistro 120 E Main St Grass Valley 530-477-2664

FORGIVENESS WORKSHOP, by Maria Nemeth & Julie Bowden Mount Madonna Center 445 Summit Rd Watsonville 408-847-0406

LAMBDA PLAYERS, "The Drag" 8pm William J. Geery Theatre 2130 L St 484-4742

M.H. DEYOUNG MEMORIAL MUSEUM, Ancient Art by Susanna Lombardi 2pm Golden Gate Park 75 Tea Garden Dr SF 415-750-3640

R.E.A.L. YOUTH SUPPORT GROUP, 6pm Breaking Barriers 1722 J St Suite 321 447-2437

RUSSIAN RIVER RESORT KARAOKE, 9pm 16310 Fourth St 800-41-RESORT

SAN DIEGO MARATHON & HALF MARATHON, 5:30am Plaza Camino Real, 2525 El Camino Real, 858-792-2900

SF WINTER MARKET, thru Jan. 23. Bill Graham Civic Auditorium, 415-552-2311

UC DAVIS LGBT RESOURCE CENTER, Dave Pallone. "Who's Really On First?" 7pm, 1100 Social Sciences Bldg. Davis. 530-752-2452

YOUTH GROUP, 8pm, Lambda Center, 1927 L St., 442-0185

20 SATURDAY

A RARE EVENT BOOK SHOW & SALE, thru Jan. 21 10am Sac. Convention Center, 1400 J St., 443-6223

ASPEN GLBT COMMUNITY FUND, ski weekend, thru Jan. 27 call for location. 800-367-8290, www.ColoradoGay.com

CAPITAL CITY SQUARES WORKSHOP & DANCE, 2:30pm, Jefferson Elementary School, 2635 Chestnut Hill Dr., www.iagsdc.org/capitalcitysquares

CLUB ACME, DJ house music, 10pm, Michael Himovitz Gallery, 1616 Del Paso Blvd., 929-7896

INTL. ACTION CENTER, Counter Inaugural Protest, 12pm, Civic Center Plaza. www.IACenter, 415-821-6545

GAY & LESBIAN SIERRANS, hike at Folsom Lake, 663-3560

LAMBDA CAFE, 8pm, Lambda Center, 1927 L St., 442-0185

LAMBDA PLAYERS, "A Late Snow," 8pm, William J. Geery Theatre, 2130 L St., 484-4742

LESBIAN COMMUNITY CANCER PROJECT, Coming Out Against Cancer awards banquet, 7pm, South Shore Cultural Center, 7059 S. South Shore Dr., Chicago 773-561-4662

LYRIC PINK SATURDAYZ, 1pm, 127 Collingwood St. SF 415-703-6150 x16

NAACP & BLACK RADICAL CONGRESS, counter inaugural rally 12pm west steps of Capitol Bldg., 391-6890 www.CounterCoup.com

PLANTS AND THE MAIDU PEOPLE, 1:30pm, Effie Yeaw Nature Center, Ancil Hoffman County Pk., 6700 Tarshes Dr. Carmichael, 489-4918

RUSSIAN RIVER RESORT, comedian Cheril Vendetti 9pm 16310 Fourth St., 800-41-RESORT

WOMEN'S MUSIC NIGHT, Duval Speck, Rebecca Riots, Nancy & Rebecca Baumbach, 7pm, Cafe Roma, 223 Third St. Davis, 530-756-8269

21 SUNDAY

COLD-BLOODED CREATURES, 1:30pm, Effie Yeaw Nature Center, Ancil Hoffman County Pk., 6700 Tarshes Dr., Carmichael, 489-4918

DIVA & AFFIRMATION MEETING, 3pm, United Methodist Church, 1620 Anderson Rd., Davis, 734-9149

HABITAT IMPROVEMENT, 8pm, Effie Yeaw Nature Center, Ancil Hoffman County Pk., 6700 Tarshes Dr., Carmichael, 967-0777, 489-4918

LGBT SUPPORT GROUP, 7PM, TRINITY UNITED METHODIST CHURCH, 285 E. Fifth St., Chico, 530-872-3105

22 MONDAY

BEATING THE WINTER BLUES, 6pm, UC Davis Smith Rm. MU, 530-752-3372

COMEDIAN SABRINA MATTHEWS, 10pm, Comedy Central, 818-763-9841

CONTRA COSTA PUBLIC HEALTH FREE HIV TESTS, 6pm, Rainbow Community Center, 2118 Willow Pass Rd., Suite 500, Concord, 800-479-9664

CSUS YEAR OF UNITY, DeEtta Jones speaker, "Developing a Library Diversity Program," 8am, University Union, Orchard Suite, 278-5679

HIV POSITIVE GAY MEN & THEIR FAMILIES SUPPORT GROUP, 7pm, Rainbow Center, 2118 Willow Pass Rd., Suite 500, Concord, 925-609-7546

LYRIC HEALTH FAIR, thru Jan. 27, 4pm, 127 Collingwood St., SF, 415-703-6150 x16

MEN'S COMING OUT GROUP, 6pm, Lambda Center, 1927 L St., 442-0185

MEN'S DISCUSSION GROUP, 6pm, Lambda Center, 1927 L St., 442-0185

TRANSGENDERISM IN HISTORY CLASS, 7pm, Lavender Library & Archives, 1414 221st St., 492-0558

23 TUESDAY

AFRICAN AMERICAN GENDER RELATIONS, 4pm, location to be announced, UC Davis, 530-752-4686

CSUS YEAR OF UNITY, DeEtta Jones speaker, "Developing a Library Diversity Program," 8am, University Union, Orchard Suite, 278-5679

SOLANO-YOLO GAY MEN'S ALLIANCE, 7:30pm, 1325 Travis Blvd., Ste. G, Fairfield, 707-449-0847

VOLUNTEER AND DOCENT TRAINING, thru March 15, 9am, Effie Yeaw Nature Center, Ancil Hoffman County Pk., 6700 Tarshes Dr., Carmichael, 489-4918 x224

WOMEN'S COMING OUT GROUP, 7pm, Lambda Center, 1927 L St., 442-0185

24 WEDNESDAY

CAPITAL CROSSROADS WESTERN WED., 6pm, The Depot, 2001 K St., 441-6823

CSUS QUEER-STRAIGHT ALLIANCE MEETING, 1:30pm, Miwok Rm., University Union, csusqsa@yahoo.com

LGBT DATING GAYME, Cathode Ray Club, 9pm, www.DatingGayme.com, 954-462-8611

SF BALLET GALA OPENING, 8pm, War Memorial Opera House, 301 Van Ness Ave., 415-864-2000

STARHAWK, 7:30pm, UC Davis WRRC, First Floor, N. Hall, 520-752-3372

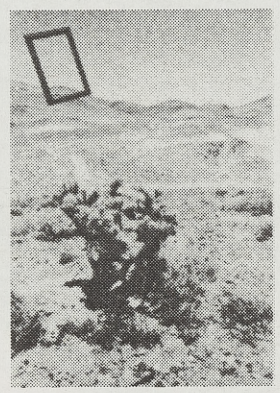
SWITZERLAND LGBT SKI WEEKEND, Above & Beyond Tours, thru Jan. 21, Engelberg, Switzerland, 800-397-2681, www.AboveBeyondTours.com

WEDNESDAY EVENING READING GROUP, 7pm, Open Book, 910 21st St., 498-1004

WOMEN CONNECTING: LESBIAN, BI & CURIOUS DISCUSSION GROUP, call for location and event, 723-7849

WOMEN OUT AFTER 30 SUPPORT GROUP, 8pm, Lambda Center, 1927 L St., 442-0185

YEAR OF THE SNAKE - 4699, honoring state legislatures, 5pm, Frank Fat's, 806 L St., 442-7092



"2001: The Visual Edge - Alternative Explorations" will hang through February 23 at Viewpoint Gallery.

25 THURSDAY

AFRICAN AMERICAN GENDER RELATIONS, 4pm, location to be announced, UC Davis, 530-752-4686

BAY AREA GAY & QUEER MEN'S HEALTH COLLECTIVE, Happy Homos: A Healthy Future for gay And Queer Men discussion, 6:30pm, Harvey Milk Civil Rights Academy, 4235 19th St., SF, 415-820-3200 x4666

EMPLOYMENT LAW CLINIC, 6pm, 515 12th St., 551-2150

FRONTRUNNERS MOVIE NIGHT, theater and movie to be announced, 974-8199

HUMAN RIGHTS WATCH INTL. FILM FESTIVAL, Yerba Buena Center For The Arts, SF, 923-0222

RAPE AGRESSION DEFENSE SYSTEM, 9am, phone for location, UC Davis, 530-752-3372

RUSSIAN RIVER RESORT KARAOKE, 9pm, 16310 Fourth St., 800-41-RESORT

VOICE OF THE VALLEY A CAPELLA CHOIR, 7pm, Natomas Park Elementary School, 4700 Crest, Natomas, 487-7000

VOLUNTEER AND DOCENT TRAINING, thru March 15, 9am, Effie Yeaw Nature Center, Ancil Hoffman County Pk., 6700 Tarshes Dr., Carmichael, 489-4918 x224

26 FRIDAY

ANCIENT ART AT THE LEGION OF HONOR, Susanna Lombardi, 2pm, M.H. deYoung Memorial Museum, Golden Gate Park, 75 Tea Garden Dr. SF, 415-750-3640

TOWE AUTO MUSEUM, "Cain And Mabel," 7pm, 2200 Front St., 442-6802

CENTRAL UNITED METHODIST CHURCH WOMEN'S DANCE, 7:30pm, 5265 H St., 332-6463

CERAMIC SEMINAR, 6pm & 8:15pm, M.H. deYoung Memorial Museum, Golden Gate Park, 75 Tea Garden Dr. SF, 415-752-3830

CO-DEPENDENT SUPPORT GROUP, 7:30pm, Lambda Center, 1927 L St., 442-0185

LAMBDA CENER, LGBT youth group, 1927 L St., 442-0185

LAMBDA PLAYERS, "Standing In The Shadows," directed by Marsha Swayze, 8pm, thru Feb. 24, William J. Geery Theatre, 2130 L St., 484-4742

LAVENDER LIBRARY, ARCHIVES, & CULTURAL EXCHANGE (LLACE) BOARD MEETING, 6:30pm, 1414 21st St., 492-0558

LGBT FILM STUDY GROUP, 7pm, Lavender Library & Archives, 1414 21st St., 492-0558

R.E.A.L. YOUTH SUPPORT GROUP, 6pm, Breaking Barriers, 1722 J St., Suite 321, 447-2437

RUSSIAN RIVER RESORT KARAOKE, 9pm, 16310 Fourth St., 800-41-RESORT

SECRETIONS, THE RIFF RANDALS, MYNOCK, & SPEEDING IN THE RAIN, 8pm, Capitol Garage, 1427 L St., 444-3633

27 SATURDAY

CERAMIC SEMINAR, 9am & 4:45pm, M.H. deYoung Memorial Museum, Golden Gate Park, 75 Tea Garden Dr. SF, 415-752-3830

HIV TESTING, 8pm, Lambda Center, 1927 L St., 442-0185

LAMBDA CAFE, 8pm, Lambda Center, 1927 L St., 442-0185

LGBT TRAFFIC SCHOOL, 8:30am, Lambda Center, 1927 L St., 442-0185

LYRIC PINK SATURDAYZ, 1pm, 127 Collingwood St., SF, 415-703-6150 x16

NATOMAS ANIMAL RESCUE ADOPTIONS, 11am, Petsmart, Truxel & I-80 Roads, 349-7934

RAFAL KWIATKOWSKI, cellist, 8pm, UC Davis Social Sciences & Humanities Bldg. Room 100, 530-752-1915

RAINBOW GOVERNMENT, free screening of "Not In Our Town II," 6:30pm, Civic Park Community Center, 1375 Civic Dr., Walnut Creek, www.rrnet.org/niot

RUSSIAN RIVER RESORT, comedians Jill Turnbow & Becky Pedigo, 9pm, 16310 Fourth St., 800-41-RESORT

WILDLIFE CONSERVATION, 1:30pm, Effie Yeaw Nature Center, Ancil Hoffman County Pk., 6700 Tarshes Dr., Carmichael, 489-4918

28 SUNDAY

LGBT FRIENDS & FAMILY SUPPORT GROUP, 7pm, Trinity United Methodist Church, 285 East Fifth St., Chico, 530-538-7093

RAPTOR RAPTURE, 1:30pm, Effie Yeaw Nature Center, Ancil Hoffman County Pk., 6700 Tarshes Dr., Carmichael, 489-4918

SNOWSHOW HIKE, Gay & Lesbian Sierrans, 663-3560

WEBCAST AWARDS SHOW, 7pm, broadcast live at www.VillageTV.com, 323-650-8893

29 MONDAY

BEATING THE WINTER BLUES, 6pm, UC Davis Smith Rm. MU, 530-752-3372

HIV POSITIVE GAY MEN & THEIR FAMILIES SUPPORT GROUP, 7pm, Rainbow Center, 2118 Willow Pass Rd., Suite 500, Concord, 925-609-7546

SCIENCE FICTION BOOK CLUB, 6pm, Open Book, 910 21st. St., 498-1004

30 TUESDAY

AFRICAN AMERICAN GENDER RELATIONS, 4pm, location to be announced, UC Davis, 530-752-4686

ECOLOGY OF SPIRIT, 7pm, Open Book, 910 21st St., 498-1004

HOW THE WOMENS MOVEMENT CHANGED AMERICA, Prof. Ruth Rosen, 4pm, UC Davis Rm. 164 MU, 530-752-3372

LAVENDER LIBRARY, ARCHIVES, & CULTURAL EXCHANGE (LLACE), World of GLBT Films Organizational Meeting, 7pm, 1414 21st St., 492-0558

MULTICULTURAL LEADERSHIP, 8:30am, UC Davis University Club, 530-752-3372

RACIAL JUSTICE COALITION MEETING, 7pm, Clunie Community Center, 601 Alhambra Blvd., 381-8775

SOLANO-YOLO GAY MEN'S ALLIANCE, 7:30pm, 1325 Travis Blvd., Ste. G, Fairfield, 707-449-0847

VOLUNTEER AND DOCENT TRAINING, thru March 15, 9am, Effie Yeaw Nature Center, Ancil Hoffman County Pk., 6700 Tarshes Dr., Carmichael, 489-4918 x224

31 WEDNESDAY

CAPITAL CROSSROADS WESTERN NIGHT, 6pm, The Depot, 2001 K St., 441-6823

CSUS QUEER-STRAIGHT ALLIANCE MEETING, 1:30pm, Miwok Rm., 6000 J St., University Union, csusqsa@yahoo.com

LGBT DATING GAYME, Cathode Ray Club, 9pm, www.DatingGayme.com, 954-462-8611

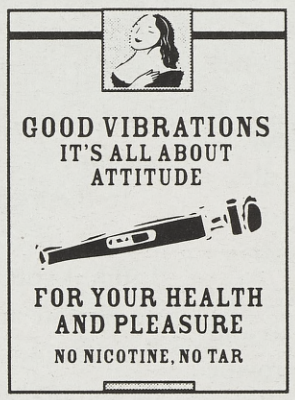
NATURE HIKE, 8am, Effie Yeaw Nature Center, Ancil Hoffman County Pk., 6700 Tarshes Dr., Carmichael, 489-4918

WED. EVENING READING GROUP, speaker Warren Dunfor, "Soon to be a Major Motion Picture," 7pm, Open Book, 910 21st St., 498-1004

WOMEN CONNECTING: LESBIAN, BI & CURIOUS DISCUSSION GROUP, call for location and event, 723-7849

WOMEN OUT AFTER 30 SUPPORT GROUP, 8pm, Lambda Center, 1927 L St., 442-0185

WARNING: USING VIBRATORS MAY LEAD TO MULTIPLE MIND-BLOWING ORGASMS.



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CALENDAR

Nonprofit organizations may list events in MGW's Calendar. Please send information at least 10 working days prior to desired publication date in the following format: Event, Sponsor, Place, Time, Cost, and Phone to: MGW, 1725 L St., Sac., 95814. For those organizaing "For Profit" events and activities, please call 441-6397 for advertising rates.

February

1 THURSDAY

EMPLOYMENT LAW CLINIC, 6pm, 515 12th St., 551-2150

RAPE AGRESSION DEFENSE SYSTEM, 9am, phone for location, UC Davis, 530-752-3372

DOWNTOWN SAC. PARTERNSHIP, State of Downtown Breakfast, 8:30am,ard Rock Cafe, 7th & K St., 442-8575

RUSSIAN RIVER RESORT KARAOKE, 9pm, 16310 Fourth St., 800-41-RESORT

VOICE OF THE VALLEY A CAPELLA CHOIR, 7pm, natomas Park Elementary School, 4700 Crest, Natomas, 487-7000

VOLUNTEER AND DOCENT TRAINING, thru March 15, 9am, Effie Yeaw Nature Center, Ancil Hoffman County Pk., 6700 Tarshes Dr., Carmichael, 489-4918 x224

2 FRIDAY

ANCIENT ART AT THE LEGION OF HONOR, Susanna Lombardi, 2pm, M.H. deYoung Memorial Museum, Golden Gate Park, 75 Tea Garden Dr. SF, 415-750-3640

ART AND ARCHITECTURE, Crocker Art Museum trip to San Diego, thru Feb. 4, 264-5423

CSUS SCHOOL OF THE ARTS, Lenaea Festival, 1pm, 6000 J St., 278-6702

DYKES OUT TOGETHER (DOT) PLANNING MEETING, 6:30pm, call for location, 971-9337

ONE LIFE FOR ANOTHER: THE SURVIVOR'S STORY, Center for the History of Sexual Diversity, thru March 4, GLBT Historical Society, 973 Market St., Ste. 400, 415-777-5455

R.E.A.L. YOUTH SUPPORT GROUP, 6pm, Breaking Barriers, 1722 J St., Suite 321, 447-2437

RUSSIAN RIVER RESORT KARAOKE, 9pm, 16310 Fourth St., 800-41-RESORT

SF ARTS OF PACIFIC ASIA SHOW, Fort Mason, SF, 310-455-2886

Sacramento Theatre Company will present "Arms and the Man" January 23 through February 18.

3 SATURDAY

CREATING SAFE SCHOOLS - A WORKSHOP MODEL, by Gay, Lesbian, Straight Education Network, 8:30am, Rockridge Branch Library, 5366 College Ave., jsiebert@ricochet.net

CSUS COLLEGE AWARENESS PROGRAM, 8:30am, 6000 J St., University Union Ballroom, 278-7362

CSUS SCHOOL OF THE ARTS, Lenaea Festival, 1pm, 6000 J St., 278-6702

LYRIC PINK SATURDAYZ, 1pm, 127 Collingwood St., SF, 415-703-6150 x16

MERCANTILE SALOON, memorial for bartender Lori Jaeger, 1pm, 1928 L St., 447-0792

TALES FROM THE STORYBAG, 8:30am, Effie Yeaw Nature Center, Ancil Hoffman County Pk., 6700 Tarshes Dr., Carmichael, 489-4918

4 SUNDAY

ALTITUDE 2001 SKI WEEK, Out On The Slopes Productions, thru Feb. 11, Whistler, BC, 888-258-4883

CSUS MUSIC RECITAL, guitarists Richard Savino & Laurel Zucker, 6000 J St., Capistrano hall, 278-4323

CSUS SCHOOL OF THE ARTS, Lenaea Festival, 8:30am, 6000 J St., 278-6702

DYKES OUT TOGETHER (DOT), Stonelakes Wildlife refuge trip, call for meeting place, 451-7191

GLBT SUPPORT GROUP, 7PM, TRINITY UNITED METHODIST CHURCH, 285 E. Fifth St., Chico, 530-872-3105

SAC. VALLEY LEATHERMEN PANCAKE BREAKFAST, 9am, Faces, 2000 K St., 338-3760

WINTER BIRDING, 1:30pm, Effie Yeaw Nature Center, Ancil Hoffman County Pk., 6700 Tarshes Dr., Carmichael, 489-4918

SF INTL. GIFT FAIR, Moscone Center & Concourse Exhibition Hall, SF, 800-272-SHOW

5 MONDAY

FEMALE TO MALE SAC., speaker Dana Rivers, 7pm, Lambda Center, 1927 L. St., 443-7534, garyj@gay.com

HIV POSITIVE GAY MEN & THEIR FAMILIES SUPPORT GROUP, 7pm, Rainbow Center, 2118 Willow Pass Rd., Suite 500, Concord, 925-609-7546

LYRIC BLACK HISTORY MONTH CELEBRATION, 4pm, 127 Collingwood St., SF, 415-703-6150 x16

SAC. RECORDER SOCIETY, 6:30pm, Goethe Hall, 1701 L St., 451-7614

6 TUESDAY

IN THE LIFE: FROM RIGHTS TO REVERENCE, 11pm, KVIE Channel 6, 923-7474, www.kvie.org

SOLANO-YOLO GAY MEN'S ALLIANCE, 7:30pm, 1325 Travis Blvd., Ste. G, Fairfield, 707-449-0847

VOLUNTEER AND DOCENT TRAINING, thru March 15, 9am, Effie Yeaw Nature Center, Ancil Hoffman County Pk., 6700 Tarshes Dr., Carmichael, 489-4918 x224

7 WEDNESDAY

CAPITAL CROSSROADS WESTERN WED., 6pm, The Depot, 2001 K St., 441-6823

CSUS QUEER-STRAIGHT ALLIANCE MEETING, 1:30pm, Miwok Rm., University Union, csusqsa@yahoo.com

DISNEY ON ICE, thru Feb. 11, ARCO Arena, 928-6900

LGBT DATING GAYME, Cathode Ray Club, 9pm, www.DatingGayme.com, 954-462-8611

WEDNESDAY EVENING READING GROUP, 7pm, Open Book, 910 21st St., 498-1004

WOMEN CONNECTING: LESBIAN, BI & CURIOUS DISCUSSION GROUP, call for location and event, 723-7849

WOMEN OUT AFTER 30 SUPPORT GROUP, 8pm, Lambda Center, 1927 L St., 442-0185

8 THURSDAY

ACME FILM NIGHT, 11am, Michael Himovitz Gallery, 1616 Del Paso Blvd., 929-7896

EMPLOYMENT LAW CLINIC, 6pm, 515 12th St., 551-2150

FRONTRUNNERS DESSERT NIGHT, Casey's Cafe, 5140 Folsom Blvd., 974-8199

IGLOO WINTER RENDEZVOUS, IGLOO, thru Feb. 11, Stowe, VT, www.iglooatstowe.com

RAPE AGRESSION DEFENSE SYSTEM, 9am, call for location, UC Davis, 530-752-3372

RUSSIAN RIVER RESORT KARAOKE, 9pm, 16310 Fourth St., 800-41-RESORT

SPEAKER KAREN THOMPSON, author "Why Can't Sharon Kowalski Come Home?," CSUS, 6000 J St., 484-4742

VOICE OF THE VALLEY A CAPELLA CHOIR, 7pm, Natomas Park Elementary School, 4700 Crest, Natomas, 487-7000

VOLUNTEER AND DOCENT TRAINING, thru March 15, 9am, Effie Yeaw Nature Center, Ancil Hoffman County Pk., 6700 Tarshes Dr., Carmichael, 489-4918 x224

9 FRIDAY

CENTRAL UNITED METHODIST CHURCH WOMEN'S DANCE, 7:30pm, 5265 H St., 332-6463

DIVAS IN LOVE VALENTINE'S CONCERT, 8pm, United Methodist Church, 1620 Anderson Rd., Davis, 530-666-5396

R.E.A.L. YOUTH SUPPORT GROUP, 6pm, Breaking Barriers, 1722 J St., Suite 321, 447-2437

RUSSIAN RIVER RESORT KARAOKE, 9pm, 16310 Fourth St., 800-41-RESORT

TRIBAL, FOLK, & TEXTILE ARTS SHOW, Fort Mason, SF, 310-455-2886

10 SATURDAY

ARTISTS' VALENTINE'S DAY PARTY, 6pm, Richard L. Nelson Gallery, Art Bldg., UC Davis, 530-752-8500

LYRIC PINK SATURDAYZ, 1pm, 127 Collingwood St., SF, 415-703-6150 x16

PRECIOUS IMAGES, movie by Chuck Workman, 2pm, Exploratorium, 3601 Lyon St., SF, 415-563-7337, www.exploratorium.edu

PROBLEM AT THE POND NATURE WALK, 1:30pm, Effie Yeaw Nature Center, Ancil Hoffman County Pk., 6700 Tarshes Dr., Carmichael, 489-4918

SACWN VALENTINE'S DANCE, 8pm, Portuguese Hall, 6676 Pocket Rd., 451-8034

SEX TOUR 2001, SF Zoo, 1 Zoo Rd., 415-753-7165

11 SUNDAY

CSUS CHAMBER MUSIC SOCIETY, 7:30PM, 6000 J ST., CAPISTRANO HALL, 278-4323

GAY & LESBIAN SIERRANS, COLD CANYON BLUE RIDGE HIKE, CALL FOR MEETING PLACE. 421-6209

LGBT FAMILY & FRIENDS SUPPORT GROUP, 7PM, TRINITY UNITED METHODIST CHURCH. 285 E. Fifth St., Chico, 530-872-3105

SIGNS ALONG THE RIVER GUIDED WALK, 1:30pm, Effie Yeaw Nature Center, Ancil Hoffman County Pk., 6700 Tarshes Dr., Carmichael. 489-4918

12 MONDAY

CONTRA COSTA PUBLIC HEALTH FREE HIV TESTS, 6pm, Rainbow Community Center, 2118 Willow Pass Rd., Suite 500, Concord. 800-479-9664

CSUS STUDENT ART AWARD SHOW, 12pm, Robert Else Gallery, Kadema Hall. 278-6166

EXPLORATORIUM, "For Better Or Worse" & "Washing Walls With Mrs. G," 2pm, 3601 Lyon St., SF. 415-563-7337, www.exploratorium.edu

HIV POSITIVE GAY MEN & THEIR FAMILIES SUPPORT GROUP, 7pm, Rainbow Center. 2118 Willow Pass Rd., Suite 500. Concord. 925-609-7546

PHOTOVOLTAIC DESIGN & INSTALLATION WORKSHOP, by Solar Energy Intl. thru Feb. 17 Municipal Utility District Center. 1121 L St. # 900 970-963-8855

SECOND MONDAYS AT CENTRAL, open mike poetry reading.12pm. Central Library West Meeting Room. 828 I St., 264-2920

13 TUESDAY

DAVIS/SAC. WOMEN'S SONG CIRCLE, 7pm. location to be announced. joplinlc@aol.com, 530-756-2541

SOLANO-YOLO GAY MEN'S ALLIANCE. 7:30pm, 1325 Travis Blvd., Ste. G. Fairfield, 707-449-0847

VOLUNTEER AND DOCENT TRAINING, thru March 15, 9am, Effie Yeaw Nature Center, Ancil Hoffman County Pk., 6700 Tarshes Dr., Carmichael, 489-4918 x224

14 WEDNESDAY

BEHIND THE SCREEN: MAKING MOTION PICTURES & TELEVISION. 7pm. Exploratorium, 3601 Lyon St., SF. 415-563-7337

Art Galleries

ART FOUNDRY GALLERY; Mary Curtis Ratcliff, thru March 3; Richard Hunt, thru March 3; 1021 R St., 444-2787

BERKELEY ART MUSEUM; The Further Eye: Painting Of India, thru Feb. 18; Face Of Buddha: Sculpture From India, China, Japan, And Southeast Asia, thru 2003; Tacita Dean/MATRIX 189, thru Jan. 28; Tall Landscapes Of The Late Ming, Dec. 8-Feb.18; 2625 Durant Ave., 510-642-1208

BLOOMING ART; Kiny McCarrick, thru Jan. 20; 1901 Capitol Ave., 442-3800

CALIFORNIA PALACE LEGION OF HONOR; Old Master Prints from the Berolzheimer Collection; thru Jan. 10; Lincoln Park, 34th Ave. & Clemont St., 415-750-7645

CHROMA GALLERY; Merry Chroma!, thru Jan. 7; Colors of Winter, Jan. 13-Feb. 4; 10030 Fair Oaks Blvd., 966-6020

CROCKER ART MUSEUM; Armin Muller and Paul Stein, thru Jan. 28; Dr. Walter O. Evans Collection of African American Art, thru Feb. 25; 216 O St., 264-5423

DOIRON GALLERY; Ruth Greenup & Don Ray Bristow, Feb. 9-March 6; 1625 Del Paso Blvxd., 564-4433, www.DoironGallery.com

EXPLORATORIUM; "Precious Images" by Chuck Workman, Feb. 10; Behind the Screen: Making Motion Pictures and Television, Feb. 10-May 13; Valentine's Day Films, Feb. 12; Science In Cinema, Feb. 17-18; Image and Race, Feb. 24-15; "From Imagination to Image" by Chuck Workman; 3601 Lyon St., SF, 415-563-7337

GALLERY 8; David Wetzl, thru Dec. 16; 2906 Franklin Blvd, 442-5030

GALLERY W; The Artist and the Bible, thru Feb. 25; 9933 Business Park Dr., 442-5030

THE GEFFEN CONTEMPORARY; Paul McCarthy, thru Jan. 21, 2001; 152 N. Central Ave., LA, 213-621-2766

GLBT HISTORICAL SOCIETY; One Life For Another: The Survivor's Story, Feb. 2-March 4; 973 Market St., Suite 400, SF, 415-777-5455

LAMBDA CENTER; Robert Winter, thru Jan. 31; 1927 L St., 442-0185

MICHAEL HIMOVITZ GALLERY; acme25, thru Feb. 10; 1616 Del Paso Blvd., 929-7896

M.H. DE YOUNG MEMORIAL MUSEUM; Prints in Bloom, Jan. 27-May 13; Visual Art of John Cage: To Sober and Quiet the Mind, thru April 15, Reva & David Logan Collection, thru March 11; Golden Gate Park, 75 Tea Garden Dr., SF, 415-750-3614.

MOCA MUSEUM; Stan Douglas, thru Apr. 1; 250 South Grand Ave., LA, 213-621-2766

THE OPEN BOOK; Albert Goldenberg, thru Jan. 31; 910 21st St., 498-1004

RICHARD L. NELSON GALLERY; Artists' Benefit Valentine's Exhibit, Jan. 22-Feb. 10; 124 Art Building, UC Davis, 530-752 8500.

SACRAMENTO FINE ARTS CENTER; International Exhibition Of Watercolors, thru Jan. 28; 5330-B Gibbons Drive, 917-3713, sfac@cwnet.com

SAN FRANCISCO MOMA; Native to the Land: Photography and the North American Indian, 1870-1930, Jan. 27-June 12; Rachael Neubauer & Kathryn Van Dyke, Feb. 2-June 12; Sol LeWitt: A Retrospective, Feb. 19-May 21; 151 Third St., San Francisco, 415-357-4000

SAN FRANCISCO PUBLIC LIBRARY; Rhonel Roberts, thru Feb. 26; African American Center, 100 Larkin St., 3rd Fl., 415-557-4277

SECOND SATURDAY ART WALKS; Most galleries, Feb. 10; 929-7896

SOLOMON DUBNICK GALLERY; Adela Akers & Jan Camp, thru Feb. 3; Mark Bryan & Mick Sheldon, Feb. 8- Mach 3; Richard Duning & C W Hurni, March 8-31; Group Show, April 5-May 5; 2131 Nothrop Ave., 920-4547

THE URBAN HERBALIST; Mike Ward, thru Jan. 31; 1729 L St., 447-4372

VIEWPOINT GALLERY; 2001: The Visual Edge - Alternative Explorations, thru Feb. 23; 551 Sequoia Pacific Blvd., 441-2341

YERBA BUENA CENTER FOR THE ARTS; Queer Youth Art Show, Jan. 20; 701 Mission St., SF, 415-703-0150 x24, www.lyric.org

Theatre/Dance/Orchestra

AMERICAN RIVER THEATRE; Our Country's Good, Feb. 23-March 4: A Midsummer Night's Dream, Apr. 20-29, Jack and the Giant, May. 4700 College Oak Dr., 484-8234

ARDEN PLAYHOUSE; Luv. thru Jan. 27; 2120 Royale Rd., 927-0942

CALIFORNIA MUSICAL THEATRE BROADWAY SERIES; Fosse, May 8-19; Annie Get Your Gun. June 5-10; Wells Fargo Pavilion. 1419 H St 557-1999. 446-5880

CALIFORNIA WIND ORCHESTRA; Concerto For Trumpet. Feb. 10; Pipedreams, Mar. 31; Courtly Dances, Apr. 28; various locations, 498-2576

CAMELLIA SYMPHONY ORCHESTRA; Bartok, Tann, Phen/He, Rachmaninoff, & Bridge, Feb. 3; Finzi, Schloenberg, & Respighi, March 31 Musgrave, Prokofiev, & Brahms, June 2; 900 Howe Ave., 2nd Floor, 929-6655

CASTRO THEATRE; Sing-A-Long Sound of Music. Feb. 16-March 1; 429 Castro St., 510-601-TWEB, 415 621-6120

CHAUTAUQUA CHILDREN'S PLAYHOUSE; Perils of Paw-Leen. Jan. 20-Feb. 17; Gnome Sweet Gnome, March 10-April 7; The Fat Cat April 28 May 26; 5325 Engle Rd. Carm. 489-7259

CHAUTAUQUA PLAYHOUSE; Sweet Mama Stringbean. thru Feb.17 This Day And Age. March 2-April 7; The Diary Of Anne Frank, April 20-May 26; 5325 Engle Rd., Carm., 489-7259

CITY THEATRE; A Piece Of My Heart. Feb. 23-March 24; The Importance Of Being Earnest, Apr.-20-May19; 3835 Freeport Blvd., 558-2228

CURRAN THEATRE; Tallulah, Jan. 17-Feb. 11; 445 Geary. SF, 415-551-2000

FOOTHILL THEATRE COMPANY; Sylvia, March 1-Apr. 8; Fair Use, May 1-27. Resident Alien, June 14-Aug. 19; The Comedy of Errors & The Two Gentlemen of Verona. Aug. 31-Sept. 23. Wait Until Dark, Sept. 27-Oct. 28; The Secret Garden, Nov. 15-Dec. 30; location varies, 530-265-9320 888 730-8587

GARBEAU'S DINNER THEATRE; All I Really Needed To Know I Learned In Kindergarten, thru March 4; Move Over Mrs. Markham, March 9-Apr 29; Swingtime Canteen, May 4-June 24. Whodunnit?. July 20-Sept. 2; The Fantasticks, Sept. 7-Oct. 28; Forever Plaid, opens Nov. 20; Hwy 50 at Hazel Ave., 985-6361

THE LAMBDA PLAYERS; A Lady And A Woman, Jan. 18; The Drag, Jan. 19; A Late Snow, Jan. 20; Standing In The Shadows, Jan. 26-Feb. 24 Opening Lines, March 30-Apr. 28; Lesbian Laugh Fest, May 12; Beautiful Thing, June 15-30; location varies, 484-4742

MAGIC THEATRE; Howie The Rookie. Feb. 2-March 4; Fort Mason Center Bldg. D, SF. 415-441-8822, www.MagicTheatre.org

MARINES MEMORIAL THEATRE; STOMP, thru March 31; 609 Sutter St., SF. 877-771-6900

NAPA VALLEY CHORALE; An Afternoon of American Operetta. Jan. 21; Lincoln Theater, 100 California Dr., Yountville, 707-251-2619

NAPA VALLEY SYMPHONY; American Operetta. Jan. 21; Gary Schocker. Feb. 2-6; Tammy Jenkins, March 2-6; Zuill Bailey, Apr. 1-3; various locations, 707-226-8742

ORCHESTRA OF ST. CECILIA; Corey Cerovsek, violin. May 19; Michele Zukovsky, clarinet, Feb. 17; Jakub-Jerzy Omsky, cello, Apr. 7; Carla Trynchuk, violin. Nov. 18; First United Methodist Church. 989-9789

ORPHEUM THEATRE; Mamma Mia!, thru Feb. 17; 1192 Market St. SF. 415-512-7770

RIVER STAGE; The Chicago Conspiracy Trial. March 17-Apr. 22; How I Learned To Drive, July 7-22; Los Rios Community College District. 8401 Center Pkwy., 691-7364

RUTH ROSENBERG DANCE ENSEMBLE; 24th St. Theatre, 2791 24th St., 457-7733

SACRAMENTO BALLET COMPANY; Swan Lake. Feb. 8-11; Golden Age of Ballet Russe: Rite of Spring, Apollo, Aurora's Wedding, March 29-Apr 1; New Works Series: Modern Masters at CSUS, May 3-6; Community Center Theatre, 1631 K St., 552-5800

SACRAMENTO OPERA; Madama Butterfly. Feb. 16-20; Community Center Theatre, 1301 L St., 264-5181

SACRAMENTO SYMPHONY LEAGUE; Kinderkonzert, Jan. 28; location varies, 557-9289

SACRAMENTO THEATRE COMPANY; Arms And The Man, Jan. 23-Feb.18; The Millennium Monologues, Feb. 6-Apr. 8; Shedding The Tiger March 6-April 1; We Are Family. April 17-May 13; 1419 H St., 443-6722

SAN FRANCISCO OPERA COMPANY; Rigoletto, Sept. 7-29; Arshak II (Arsace II), Sept. 8-30; Samson Et Dalila, Sept. 22-Oct. 14; Die Meistersinger Von Nurnberg, Oct. 10-28; Tosca, Oct. 23-Jan. 20; Falstaff, Nov. 1-24; Jenufa, Nov. 19-Dec. 9; The Merry Widow, Nov. 27-Jan 19 Carmen, June 8-July 6; Madama Butterfly, June 9-July 5; Giulio Cesare, June 19-July 7; War Memorial Opera House, 455 Franklin St., SF. 415 861 3330, www.sfopera.com

SAN JOSE CENTER FOR THE PERFORMING ARTS; Copacabana, thru Jan. 28; 55 Almaden Blvd., San Jose, 888-455-SHOW, www.amtsj.org

THE STUDIO THEATRE; Six Women With Brain Death, ongoing, 8pm; 1028 R St., 446-2668

T STREET PLAYERS; The Wind in the Willows, thru Feb. 11; 4623 T St., 264-8890

THEATER ARTAUD; Below Zero, Feb. 2-11; Ravenshead, Feb. 22-25; Degrees of Change, March 1-10; Shut Up and Love Me, March 15-24. 450 Florida St., 415-621-7797

UC DAVIS PRESENTS; Mighty Clouds of Joy & The Campbell Brothers, Jan. 24; Michael Cooper, Feb. 10; Dresden Staatskapelle, Jan. 20. Amer Indian Dance Theatre, Feb. 2; Regina Carter Quintet, Feb. 9; Michael Cooper, Feb. 10; Les Percussions de Guinee, Feb. 22; Chorovaya Akademia, Feb 24; Mingus Big Band, March 1; Ballet Hispanico, march 2; Itzhak Perlman, March 3; Il Giardino Armonico, March 6; Timothy Fain, March 10

BURHAN ÖÇAL & ISTANBUL ORIENTAL ENSEMBLE, March 13; National Orchestra of Spain, March 23; New Shanghai Circus, March 24-25 Joe Goode Performance Group, March 31; locations vary, 530-752-1915

Master Events Calendar

Sacramento AIDS Foundation Let The Miracles Begin, 448-AIDS	December 2000
Real Women Project, realwomenproject.com	January 20-22, 2001
Sacramento Jazz Jubilee	May 25-28, 2001
San Francisco Lesbian & Gay Film Festival, 415-703-8650	June 14-24, 2001
San Francisco Pride, 415-864-0931	June 23-24, 2001
Saugatuck, MI LGBT Family Week, 619-296-0199, www.FamilyPride.org	July 14-20, 2001
Provincetown, MA LGBT Family Week, 619-296-0199, www.FamilyPride.org	Aug. 4-10, 2001
Michigan Womyn's Music Festival, 231-757-4766	August 8-13, 2001
Sierra Stampede, 978-4040	August 18-20, 2001
Chico Pride Festival, chicopride2001@hotmail.com	Augsut 25, 2001
Rainbow Festival 2001, 448-7798	Labor Day Weekend
Folsom Street Fair, 415-861-3247	September 23, 2001 SF
Gay Games	November 2002
Breast Cancer Awareness Month	October
Castro Street Fair, 415-467-3354	October 1, 2001, Market and Castro, SF
National Coming Out Day	October 11, 2001
Sacramento International Gay & Lesbian Film Festival	October 11-14, 2001
MGW Newspaper 22nd Anniversary Celebration	November 2001
Election Day	November 7, 2001
Reverend Ed Sheriff Day	November 7, 2001
Sacramento Domestic Partners Law Anniversary 1992	November 16, 2001
Harvey Milk & George Moscone Killed	November 27
World AIDS Day, 448-AIDS	December 1, 2001

NOBODY WILL MISS YOUR MESSAGE HERE •••

BUSINESS DIRECTORY

Business Directory Ads: Send name of business, address and phone number to: MGW, 1725 L St., Sacramento 95814. Listings are FREE with consecutive issue display advertising or $15/issue.

Adoptions
Lilliput Children's Services, 1610 Arden Wy, Suite 273, 923-5444

AIDS Services
Breaking Barriers, 1722 J St., #321, 447-AIDS

C.A.R.E.S., 1500 21 St., 443-3299

Metropolitan Community Center For AIDS, 1722 J St. #8, 447-2444

Names Project, AIDS Memorial Quilt, Sac Chapter, 3104 O St., PMB 357, OZinSAC@aol.com, 484-5646

Sacramento AIDS Foundation, 1330 21st St., #100, 448-2437

Associations
Capital City Squares, CapCitySqs@aol.com, 929-8697

Sacramento Arts & Games Association, 451-8663

Valley Knights Motorcycle Club, Box 254497, 95865, 455-6540

Attorneys
Andrew Last, 2150 Capital Ave., #100, 446-5574

Allan Owen, Ordas, Timmons, Owens & Owen Inc., 906 G St., #610, 444-0321

Mark La Rocque, 725 30th St., #101 498-0431

Law Offices Of Rosemary Metrailer, 2206 K St. Suite 5, 447-7258

Automotive Services
Barber Shop Automotive, 1116 18th St., 448-3257

Cuilla Brothers Body Shop, 2413 J St., 443-6323

Big O Tires, 16th & L St., 443-2900 5701 Folsom Blvd. 452-5946

Gem Car Wash, 5150 Freeport Blvd., 451-6524

Millenium Auto Body, 773 Northport Dr. Unit B 376-9377

Ray's Auto Stereo & Alarms, 1925 F St. 447-9753

Bars/Nightclubs
Faces, 2000 K St. 448-7798

Hamburger Mary's, 1630 J St. 441-4340

Mercantile, 20th & L., 447-0792

The Bolt, 2560 Boxwood St., 649-8420

The Depot 2001 K St. 441-6823

Townhouse, 1517 21st St., 441-5122

Bicycles
City Bicycle Works, 2419 K St., 447-2453

Board Of Supervisors
700 H St., Rm. 2450.

District 1: Roger Dickinson, 874-5485

District 2: Illa Collin, 874-5481

District 3: Murial Johnson 874-5481

District 4: Robert Niello 874-5491

District 5: Don Nottoli, 874-5485

Books/Gifts
The Open Book, 910 21st St., 498-1004

Car Wash
Gem Auto Care, 5150 Freeport Blvd., 451-6524

Cemeteries/Mortuaries
East Lawn Memorial Park & Mortuaries, 732-2000

Chiropractors
James Carlson, Rocklin Chiropractic, 5875 Pacific St. #D Rocklin, 624-9682

Karen Chaney, Universal Chiropractic, 7200 S. Land Park Dr., Suite 200, 392-3900

Churches
Cathedral of Promise Metropolitan Community Church, 10500 Chaplain Ave., Matherfield Rd., 364-4325

Dignity, 2529 K St., 492-6452

Florin United Methodist Church, 7560 Florin Rd., 421-1876

Lutheran Church Of Our Redeemer, 4641 Marconi Blvd., 483 5691

Lutherans Concerned, 448-4769, 927-2624

City Council
City Hall, Rm. 205, 915 I St.

Mayor Heather Fargo: 264-5300

City Council Session Call-In, Cable Channel 73, 264-8255

District 1: To Be Announced, 264-7001

District 2: Sandy Sheedy, 264-7002

District 3: Steve Cohn, 264-7003

District 4: Jimmy Yee, 264-7004

District 5: Laureen Hammond, 264-7005

District 6: Dave Jones, 264-7006

District 7: Robbie Waters, 264-7007

District 8: Bonnie Pannell, 264-7008

City Parks
City Park Reservations, 277-6060

Cleaning Services
Need cleaning? Tim, 498-0220

Clothes & Gifts
Swanberg's, 2673 21st St., 456-3000, 456-8728

Computers/Copiers
Inland Business Machines, 928-0804

Dry Cleaning Services
Freeport Cleaners, 2001 4th St., 449-5249

Electrical
Tom Seares Electrical, 487-6482

Financial Services
Killick Financial Services, 2321 Lloyd Ln. 486-8985

Furniture Refinishing
Patrick's Furniture Refinishing & Upholstery, 931 Washington Blvd., Suite 111 Roseville 786-6615

Gardening Services
English Garden Care, 489-8903

Gay Center
Lambda Community Center, 1927 L St. 442-0185 www.lambda.sacramento.com

Gifts
David Berkley Fine Wine & Speciality Foods, 515 Pavilions Ln., 929-4422

Good Vibrations, 938 Howard St. #101 415 974-8985

Graphic Design
MGW Typesetting & Graphics, 1725 L St. 441-6397

Groceries
David Berkley Fine Wine & Speciality Foods, 515 Pavilions Ln., 929-4422

Taylor's Market, 2900 Freeport Blvd. 443-6881

Hair Stylists
Associates Hair Design, 3714 J St. 455-0667

Pat Medina, 4840 Folsom Blvd. 457-1000

Halls/Meeting Places
Channel 6, KVIE, Ose Community Rm. 2595 Capital Oaks Dr. 929-5843

Musicians Hall, 1925 Del Paso Blvd., 565-2500

SMUD Building, 6301 S St., 916-732-5310

Healthcare,
Pacificare, 800-624-8822

Hotels/Inns/Resorts
Hartley House Bed And Breakfast Inn, 700 22nd St. 447-7829

La Residence Country Inn, 4066 St Helena Hwy., Napa Valley David & Craig, 707-253-0337

Information
MGW Newspaper Archives, Past Issues Are Available On Microfilm At The Main Sacramento Library CSUS Library, San Francisco Main Library

Insurance
Allstate. **Dan Huffman,** 5300 Madison Ave., Suite A. 344-3095

Farmers Insurance. **Sue Wolf,** 910 Florin Rd. #104, 421-0390

Internet Services
SACWEB, 446-7457, 888-772-2932

Jewelry
Arareity Fine Jewelry, 1021 R St., 446-1535

Lenders/Mortgage
Danny Figueroa, Senior Loan Officer, AccuBanc Mortgage Corp., 1601 Response Rd., #206, 564-9500

Shirleen Von Hoffman, Loan Officer Vice President, North American Mortgage Co., 950 Cal Center Dr., #100, 854-7757

Legal
Ellie's Legal Document Service, Ellie Hall, 9413 Forest Vista Way, Elk Grove, 683-9801

Mail Box Rental/Shipping
Alhambra Mail & Parcel, 3104 O St., 731-4440

Mortgage
River Cities Mortgage, Ruth Mitchell, 8300 Fair Oaks Blvd., Ste. 403, Carmichael, 944-5810

Nursery
Lotus Valley Nursery/Garden, 5606 Peterson Lane, Lotus, 626-7001

Optometrists
Dr. Cameron Yee, 6407 Riverside Blvd., 395-0673

Painting
Sandman Painting & Drywall, 925-4838

Pet Care/Rescue
Abel Pet Clinic, Dr. Kelly A. Byam. 9098 Laguna Main St. Ste. 1, 684-6854

Animal Housecall, Dr. Nancy Weagly 456-0967

Animal Place, 3448 Laguna Creek Trail, Vacaville, 707-449-4814

Capitol Aquarium, 29th & T St., 452-5556

Faux Paw Kennels, Adopt A Pet. 9204 Florin Rd., 988-6225. 387-8811

Fulton Avenue Pet Resort, 2173 Fulton Ave., 972-9498

Fur People Pet Sitting, 457-1655

Happy Tails Pet Sanctuary, 556-1155

Home & Critter Sitter, 3104 O St. 447-0735

Kennel Room: Small Dog & Cat Grooming. 3104 Fulton Ave., 482-4542

Waggin Tails K9 Waste Removal 987-8587

Photography
Cain's Foto Images, Katie Tavares 952-7408

Midtown Photo, 2127 J St. 446-7434

Photography By Larry, 645-8447 800-916-FOTO

Real Estate
Bill McJunkins, Realtor Whisler Land Co., 510-812-8089

Brian McMartin, Realtor Whisler Land Co., 451-5767

Charon Jenner, Cook Realty. 4305 Freeport Blvd. 763-1781

Judy Randall, Realtor Whisler Land Co., 453-0313

Mark Whisler Broker Whisler Land Co., 446-6666

Pfingst Realty 9978 Folsom Blvd., 362-1166

Rennie Gamez, Realtor Whisler Land Co., 802-2845

Remodeling
Feather Your Nest Home Repair, Gayle Rendleman. 652-4204

Cherry Home Improvement, 933-0506

She Can 2, 602-3361

Restaurants
City Treasure, 1730 L St., 447-7380

Dos Coyotes Border Cafe, 1735 Arden Way, 927-0377

The Greek Village Inn, 65 University Ave., 922-6334

Sacramento Brew Pub, Town & Country Village, 485-4677.

Sacramento Info
MGW: www.mgwnews.com

Sac. Police Dept.: www.sacpd.org

Sac. Maps: www.citymaps.sacto.org

Sacramento.com

Security
Brinks Home Security, 800-867-3605

Shelters
WIND Center For Homeless Teens, Lynette Lyons, 300 Ahern St., 443-1386

Stereo Repair
Ray's Auto Stereo & Alarms, 1925 F St., 447-9753

Therapists
Bruce Gunn, MFCC#M19480, 418 Alhambra Blvd., 443-7171

Deborah Otten, MFT# Mv023109, 820 24th St., 443-6253

Sandra Warne, MFCC#30585, 650 Howe Ave #730, 568-1025

Thrift Store
MCC Good Samaritan Store, 3230 Broadway, 454-5019

Sutter Hospice/Roseville, 2120 Harding Blvd., 783-5509

Travel
Sports Leisure Travel, 9527 Folsom Blvd., 361-2051

Uniglobe Expo Travel, Uwe Thaysen, 2100 Arden Way #220, 920-1701, 800-789-8785

Tree Service
Complete Tree Service, St. Lic. #723033, 2425 36th St., 456-2209

Upholstery
Patrick's Furniture Refinishing And Upholstery, 931 Washington Blvd., Suite 111, Roseville, 786-6615

VCR Repair
Ray's Auto Stereo & Alarms, 1925 F St., 447-9753

Veterinarians
Abel Pet Clinic, 9098 Laguna Main St Ste. 1, 684-6854

Animal Housecall, Dr. Nancy Weagly, 456-0967

Students Intern With Us!

Have you always wanted to work in a newspaper office?
Try It! You'll Like It!

We're looking for students majoring in:
- Journalism
- Marketing
- Communication/Media
- Political Science
- Graphic Arts
- Photography
- Theater Arts
- Music

Student interns can receive units through their professor.
Intern reporters receive freelance rates for stories we publish.

Mail/Fax/E-mail a resume with cover letter explaining why you would like to work with MGW Newspaper.

MGW
MOM... GUESS WHAT! NEWSPAPER

Phone: 916.441.6397
Fax: 916.441.6422
E-mail: info@mgwnews.com

1725 L Street
Sacramento, CA 95814

CLASSIFIED ADS/BUSINESS DIRECTORY LISTINGS

1 the data...
Name

Address

City State Zip

Phone-W

Phone-H

Signature

2 the money...
Business Directory listings..... $ 15
Personal Classified up to 30 words..... $ 10
Business/Services Classified up to 30 words..... $ 20
Additional Words @ 40¢ each..... $____
.....Subtotal $____
Multiply subtotal by#____ of issues.....Total $____
(Make checks payable to MGW Newspaper. Do not send cash.)

3 the category...
❒ Announcements ❒ Men Seeking Men
❒ Employment ❒ Miscellaneous
❒ For Rent ❒ Roommates
❒ For Sale ❒ Services ($20 each)
❒ Freebies ❒ Wanted
❒ Lesbians Seeking Lesbians ❒ Other _____

4 business directory
Category

Name

Address

Phone

5 please print ad here 10 word minimum.
Free Headline (2-3 words):

Expiration date

Policies
• Include full name, address & daytime phone number on coupon. MGW will not accept your ad without phone numbers for verification. This information will be kept strictly confidential. No phone orders. No Cash Refunds. $25 will be charged for bounced checks. $10 service charge assessed on refunds for cancelled ads.• All ads must be prepaid. No ads containing explicit sexual references or crude language will be accepted. We reserve the right to abbreviate, edit, categorize, or refuse any ad. Do not write your ad in all capitol letters.• Business Directory Listings are $15 per issue. No discounts will apply. Listing may include only: business name, address and phone number.

Deadlines
• 1st Issue of the month: 7 calendar days before
• 15th Issue of the month: 7 calendar days before.

MGW
MOM... GUESS WHAT! NEWSPAPER

Mail/In person/Fax/Email to:
MGW Newspaper
1725 L St., Sacramento 95814
Fax 916.441.6422
info@mgwnews.com

FOR OFFICE USE ONLY
Date Rec'd _____
Ant. Rec'd _____
Check# _____
Expiration date _____

••• THIS SPACE CAN BE YOURS. CALL 441.NEWS

CLASSIFIED ADS

MGW CLASSIFIED POLICY: Check your ad. Credit only for errors. Deadline is 10th and 25th of each month. Ads must be paid in advance. No refunds. No phone orders. Cancellation fee: $10 service charge. MGW Newspaper will not accept classified advertising that is discriminating per Goven. Code Sec. 12955, Calif. Fair Employment and Housing Act. Ads may not contain language that is discriminatory based on sex, race, color, ancestry, religious creed, national origin, physical disability (including HIV/AIDS), mental disability, medical condition, age and/or marital status. ▼

ANNOUNCEMENTS

LESBIAN HEALTH DIRECTORY

Seeking lesbian-friendly health providers & organizations to include in a Sac. area lesbian health directory funded by State of CA. A listing in the guide is free! For info call 530-753-8638 or e-mail feistyfemme@hotmail.com x01/15

ARCHIVES

HISTORY AT THE LIBRARIES

Past issues of MGW Newspaper are available on microfilm at the main Sacramento Library, CSUS Library, and hardcopies at Lavender Library, Archives, And Cultural Exchange. tfn

EMPLOYMENT

A REAL HOT SPOT ON YOUR RESUME!

College internships available at MGW Newspaper in graphics, reporting, photography, computers, ad sales, public relations, financial and artists. Units are given in 195/199 or 295/299. Contact your advisor in your department and call MGW, 441-6397 tfn

COMEDIANS WANTED

Funny people wanted to teach LGBT traffic school. We pay $10/hour plus tips. It's a lot of fun. Jamie 800-GAY-4-YOU x02/01

DELIVERY DRIVERS NEEDED

Twice a month on the 1st and 15th. $100/route. Sacramento, Roseville, Davis area. Must have van, covered truck, or large car. Good driving record and dependable. Call 441-6397, or stop by MGW, 1725 L St. tfn

DO YOU HAVE A GOOD EAR?

Top-notch studio needs staff. DJ's, sound people, engineers, technicians, studio musicians, back up singers, and pianist needed. Must have some experience, strong interest, and intelligence. Part-time receptionist needed. Must be able to type. Gopher needed for errands. Must be reliable and strong. We will train all. LGBT handy people needed for construction. 339-0471 (24 hours) tfn

JOURNEYMAN PAINTER WANTED

Industrial commercial painter for prep and spraying, urethane, and epoxy. Drug test required. Prevailing wage. 925-4838 EOE x01/15

POLICE CADET/OFFICER

The mission of the Sacramento Police Department is to work in partnership with the community to protect life, property, help solve neighborhood problems and enhance the quality of life in our city. The candidate should be interested in progressive styles policing, community, neighborhood, and problem oriented policing. Police Cadet is a classification in which candidates for Police Officer train in a P.O.S.T. certified police academy conducted by the Sacramento Police Department. Upon successful completion of the training and graduation from the academy, a Police Cadet is eligible for probationary appointment to the sworn civil service classification of Police Officer. Police Cadet salary: $1,953 Police Officer salary: $2,649-$4,389, 264-5726 tfn

RECEPTIONIST WANTED

Recording studio in North Highlands seeks receptionist. Must be reliable, prompt, courteous, smart, and a problem solver. Women and men with an interest in music encouraged to apply. 339-0471 EOE tfn

TRY SOMETHING NEW!!

MGW is accepting applications for Account Executives. Applicants must enjoy talking to business owners, be neat in appearance, and have transportation. Newspaper and telemarketing experience helpful. Great Commissions! If you would like a career that is constantly changing call 441-6397 tfn

ORGANIZATIONS

FRONTRUNNERS & WALKERS

Come run and walk with other LGBT people. Get in shape! Have fun! Meet new people! 974-8199

GAY FATHERS OF SACRAMENTO

Support group for LGBT fathers. Meetings held twice a month at Sac. AIDS Foundation. Call 484-5636 for more information.

SACWN WANTS YOU!

SACWN (Sacramento Area Community Women's Network) is a lesbian social organization. Dances, meetings, support, day trips, and many more activities. P.O. Box 19036, Sac., CA 95819. Call 451-8034

PETS

ADOPT-A-PET

Faux Paw Kennels, all breed rescue, Claire 988-6225; Mary 387-8811 tfn

ANIMAL PLACE RESCUE

Vacaville, 707-449-4814 tfn

CALLING ALL WORKING PETS

Pets: Do you go to work with your mom or dad? Mom or Dad: MGW Newspaper would like to feature you and your pet. Send us a photo with caption or call 441-6397 tfn

DACHSHUNDS RESCUED

Dachshunds Rescue needs homes, all types. Pat 443-0244 tfn

CAT NEEDS HOME

Low maintenance cat needs temporary home. Will pay for shelter for 2-3 months. 987-9190, 996-3902 x01/15

ROOMMATES

SHARE SUNNY 2 BED

Private home near Midtown/Downtown. All privileges, share bath, washer, dryer. Prefer GM financially responsible. Rent $375 + 1/2 utilities, deposit $375. Mike 804-1838

SERVICES

ALCOHOLICS ANONYMOUS

North Hall, 2631B Riverside Blvd., 8pm daily. Dan 486-0331, Karla, 568-6714 tfn

BODYBUILDER BARBER

I give haircuts in a jock strap. Discreet, attractive. 24/7 $25, 51st & Folsom. Judd 616-6409 x03/15

HOME & GARDEN REPAIRS

Painting, plumbing, fences, electrical, sprinklers, drywall, hauling, much more. She Can 2, 602-3361 x01/15

MASSAGE FOR MEN

By Judd. I am a bodybuilder, attractive, discreet. 24/7, $40, 51st & Folsom. 616-6409 x03/15

QUALITY HOUSE CLEANING

Thorough and reliable with a professional yet personal touch. Competitive rates, Lic. and refs. avail. L. Ron 481-5858 x02/01

YOUTH CRISIS LINE TRAINING

Young people in crisis need a supportive and caring person to listen. You can become that person by volunteering for the Youth Crisis Line. No experience is necessary and bilingual individuals are encouraged to inquire. 340-0505 tfn

SUPPORT GROUPS

ARE YOU WHERE YOU WERE A YEAR AGO?

Haven't come closer to making your dreams come true? Want to make a difference this time around? A committed group sharing the pursuit of accomplishment may be what you need. Bi-weekly meetings; goal setting processes; visualization/meditation; creative arts; discussion; etc. Informal, fun, progressive, goal oriented. Meet new friends who'll support you in reaching your goals. Space limited. Call 731-8373 x02/15

WANTED

SINGERS WANTED

Lesbian vocalist wanted to form commercial pop group for fun and profit. Also vocal percussionists and instrumental impressionists wanted. gailmusicmutt@webtv.com x01/15

SPEAKERS WANTED

Rainbow Bridge is a new non-profit coalition of gay, lesbian and straight people interested in reducing homophobia by community outreach and public speaking. They need speakers, fundraisers, telephone workers and clerical support staff. Speaker training is available. Paula: 658-0892. tfn

MACS WANTED

Laptops and desktop computers needed for MGW reporters. Call 441-6397 tfn

HANDY PEOPLE NEEDED

Do you know any LGBT masonry people, roofers, plumbers, electricians, carpet companies, painters, termite, handy people? We want to keep the money in the community. MGW Referral Service. 441-6397 tfn

Want To Contribute To The Community?...

Writers & Columnists

Contribute articles to Sacramento's first GLBT newspaper. We want an astrology column, teen issues, critics, and political commentaries.

Investigative Reporters

Dive into current events and bring back the story. You would interview people, check the facts, and write the article.

Free Books!!

Do you love to read and write? MGW wants you to review books! Mysteries, novels, romance, historical, self help, cooking, financial, sex, biographies,, and many, many more.

Photographer

Outgoing people wanted! Meet local celebrities, take photos, and have your work published. Amateurs welcome.

General Office Help

Obsessively neat people needed to organize over 23 years of LGBT history. Our files and archives need your help! Might be a good College Masters Degree project?

Driver Needed!

Do you or anyone you know travel frequently to Grass Valley? We need you to drop off material at one site!

Call MGW – 441-6397

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Join Our Team For all Your Real Estate Needs
Serving the Gay & Lesbian Community For Over 20 Years!
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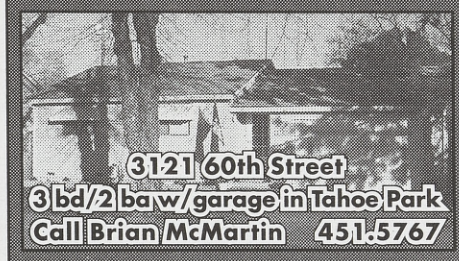

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Rennie Gamez
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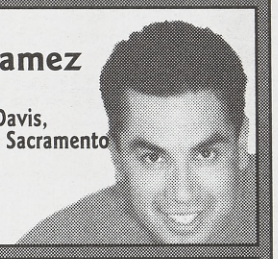
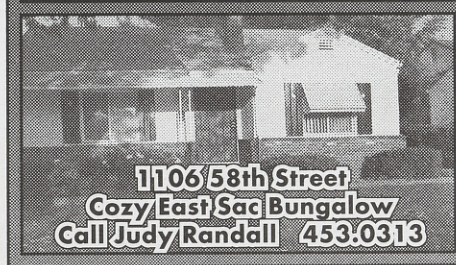
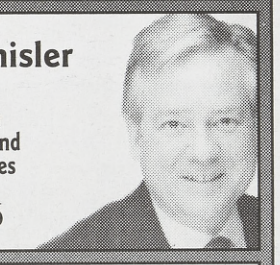
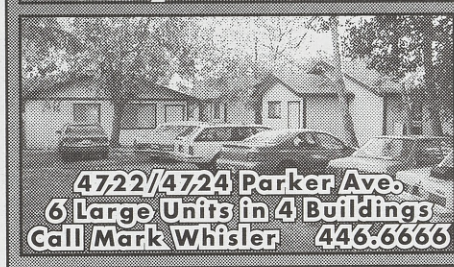


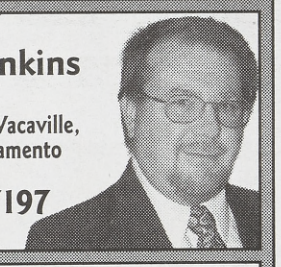


Mark Whisler
Realtor ® Broker
Over 35 Million in Residential and Commercial Sales
446.6666





Bill McJunkins
Realtor
Specializing in Vacaville, Fairfield & Sacramento
707.235.7197



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Danny Figueroa
AccuBanc Mortgage Lender ®
Senior Loan Officer
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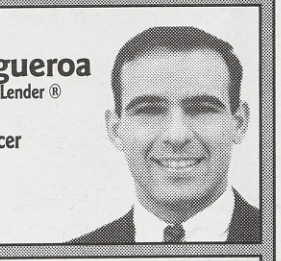
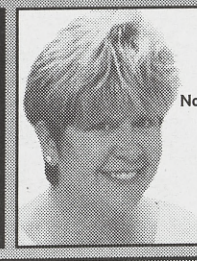


Agents Needed
Call Today
446.6666
Ask For Mark Whisler



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Personal Injury Attorneys

Allan Owen
Attorney
Over 20 Years of Experiance Handling Personal Injury cases
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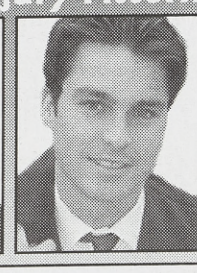
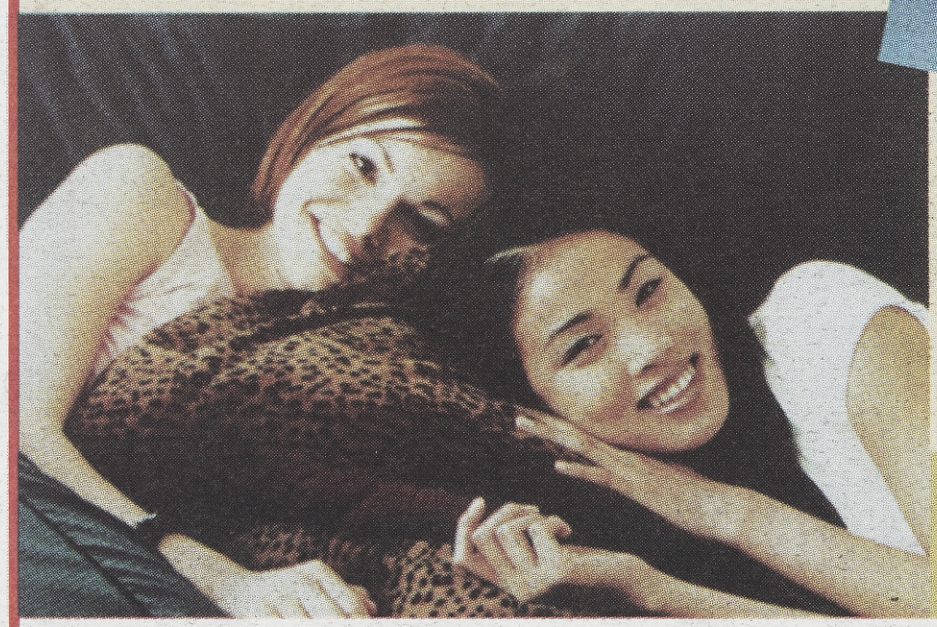


Mark La Rocque
Attorney
Specializing in Personal Injury Accidents
No Fee Unless You Win
498.0431

Free Valentines!



Turn on your "Romantic Mind And Heart" by writing a creative message to your lover, someone you would like to be your lover, friends, mom, dad, mail carrier…pets!

Please deliver your ad to MGW before Friday, January 26 at 6pm!!!

Free Valentines

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

Message: _____

MGW
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❑ First 30 words FREE ❑ 25 cents each word over 30 ❑ $_____ enclosed